

A PRIMER OF THE ZETA RACE

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Preamble

This book, *The Primer of the Zeta Race*, was continually updated since 2012 as new information was revealed by the Zeta race. It was completed with the 16th edition in 2019. A second book, *The Zeta Cosmology and Technology*, was created somewhat later and updated until the 5th edition. It discussed the technologies revealed by the Zetas, as well as some insights into the human incarnation process. The present book is the 17th edition of “A Primer of the Zeta Race.” It is a major reorganization and integration of the information from the two earlier books. Only material considered to be of interest to a general audience is included. The material was edited to improve readability.

A particular view of the Zetas’ reality was misrepresented in this book in a few places. During the seven years of development, the first author’s ontological view shifted from panpsychism to idealism. This reflected his understanding of the conversations with them. Panpsychism accepts that matter has a property of consciousness, while idealism takes the view that matter is entirely a construct in consciousness. The Zetas did not try to force the philosophical shift, but spoke to our level of understanding and allowed us to form our own conclusions.

Although the Zetas’ information is internally consistent, the book occasionally misinterpreted their words. For example, panpsychism allowed matter to be explained as an accumulation of invisible fine matter (e.g., electrons) to form coarse matter. Later, the perceived matter was understood to be a mental process. A pattern in the energy of consciousness is transformed by a perceptual process to sensations, and the sensations are recognized as an object of matter.

The Zeta idealist cosmology was published in the article, “A Cosmology Founded on Attributes of Consciousness,” *J. Consciousness Exploration & Research*, 10(6):454-474, 2019 at <https://jcer.com/index.php/jcj/article/view/822/834>, or at <http://www.treurniet.ca/zetacom/JCER-Treurniet.pdf>

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Foreword

by William Treurniet

The information that the medium, Paul Hamden, passes on from extraterrestrial beings does not fit into most people's limited world view. Rather, it is consistent with the view that physical reality is a part of a much larger energetic reality populated by many kinds of beings. In terms of what we can understand, this energetic domain has the properties of frequency, energy, and resonance.

Even though our physical world view should fit inside such an expanded perspective, many people understandably believe that the larger view is a delusion. The reason is that the energetic realms are not easily recognized by our physical senses. Further, we have come to believe that mental phenomena such as dreams are not real. Therefore, other realms also cannot be real since access to those realms is controlled by our mental apparatus. We need to learn that there are other forms of experience that are just as real as our physical experience.

The information given through Paul comes from different races of conscious beings that can live in the environments hidden from us. The most prominent is the Zeta race said to be from the Zeta Reticuli star system. Like us, beings of this race have a physical and an energetic existence, but are able to project their energetic body and/or their consciousness to other distant places. This ability enables them to interact with Paul's body from their point-of-origin in order to speak using his physical vocal apparatus.

While Paul is in the altered state of consciousness, he gives control of his body to the ET communicator. He becomes a passive observer, able to monitor any conversation in the 'now', but unable to participate in any conversation. He does not hold any received information in memory and he is typically unable to remember it later in his normal state of awareness. Therefore, audio recordings of the sittings are always made.

This process is difficult for most people to comprehend, and so I offer a number of reasons why I believe that Paul interacts with extraterrestrial beings. These include the nature of some errors in the use of language,

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the complexity of the subject matter discussed, and direct personal experiences that seemed to originate with the Zeta being.

Communication errors

The Zeta uses Paul's vocabulary and language skills while Paul is in the altered state of consciousness. In some cases, though, they use a word that misses the mark. The word is a synonym of the intended word, but the synonym is not quite appropriate for the given context. Examples are discussed in the chapter, *A model of communication*.

Such errors could arise if the Zeta were accessing a semantic network in Paul's mind where words are most strongly associated with others having similar meanings. They would choose a particular word according to its meaning, but would lack the experience of a native speaker to sense subtle differences in usage among the related words.

Complexity of subject matter

Some complex answers given by the Zeta are likely beyond Paul's capability to devise. For example, the Zeta's discussion of the synthetic quantum environment (SQE) brings in quantum entanglement as part of the process for creating a copy of an original environment such as the surface of the planet Mars. They then say that "*this is a mirror image process*" when referring to the creation of the SQE. This exactly reflects the idea that the quantum states of two entangled particles are mirror images of each other. Paul has a minimal understanding of quantum physics, so is unlikely to have constructed this scheme himself. This is discussed further in the section on the *Synthetic Quantum Environments*.

In another example, discussed in the section on Zeta cosmology, the Zeta described the process by which they generate anomalous phenomena in the séance room. This description is analogous to a similar procedure humans apply in the signal processing field. Paul does not understand this procedure, so it is unlikely that he would have been able to express such a process himself.

In a third example, the Zeta commented about two years earlier that the etheric body is energized when a process involving oxygen in the blood

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expels electrical energy. They did not elaborate on the nature of the process. Now two years later, with no awareness of the Zeta's comment, I proposed a similar process based on the difference in EM absorption spectra of oxygenated and deoxygenated blood. Paul did not know of this and would not have recognized the implications if he had, so he could not have made the connection expressed by the Zeta.

Personal experiences

There were two separate experiences clearly not mediated by Paul that were very unusual and I attribute them to actions by the Zetas. One was subjective and so was not witnessed by anyone else. The second left a trail of evidence.

The first experience happened before my initial communication with the Zeta using typed messages on an internet chat system. Just after midnight before our first conversation, I was awakened from sleep by a whole-body buzzing sensation that lasted less than five seconds. The Zeta confirmed during the subsequent evening conversation that I had been "prepared for connection."

The second experience, which occurred during that conversation, was a demonstration of telepathic communication. I inquired about the meaning of the buzzing sensation during the previous night. The chat system logged the time for each communication, and the relevant section reads as follows.

[12-07-13 6:47:47 PM] **Zeta:** Your preparation, the preparation for connection

[12-07-13 6:48:02 PM] **Zeta:** was established prior to this conversation

[12-07-13 6:48:13 PM] **Zeta:** by other beings

[12-07-13 6:48:12 PM] **William:** Did you come to me this morning when I felt the buzzing sensation?

[12-07-13 6:48:27 PM] **Zeta:** We have answered

Clearly, the answer to the question came before the question was asked. The question was sent at 6:48:12, and the answer was received in three

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bursts from 6:47:47 to 6:48:13. The start of the answer was received about 25 seconds before the question was sent. The most likely explanation is that the Zeta became aware of the question while I was in the process of composing it.

Curiously, after awakening on the morning following the conversation, I found the metal stopper from the kitchen sink on the floor about two meters away from the sink. This remains unexplained, and may have been a related paranormal event. Others have reported poltergeist activity in their homes after an ET contact experience ([Marden URL](#)).

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Preface

(from A primer of the Zeta Race)

by Paul Hamden

There are many extra-terrestrial races, countless races. So far in my estimation, there are around a thousand of them within our reach.

We deal with four races, but my main contact is from the Zeta Reticuli star system. I have had a physical visit via a craft from the Zeta being who was accompanied by a companion of the same race.

We were not able to speak to each other then, as this initial meeting took place at a distance of around fifty meters. I wondered for a time why there was no closer contact, but now I realize the craft was emitting a frequency and I would have sustained burns if I had gone too near. At this encounter I had three friends with me, three human witnesses who saw the two beings as well.

We have encountered energetic beings from other races who have physical form and live in our galaxy, as well as some non-corporeal beings. We deal primarily with four races who introduced themselves using our language as Zeta, Anunnaki, Sirius, and Pleadian. The main guide, a Zeta, is in physical form and it does occasionally connect to me telepathically under the right conditions.

After many years of development, we have been able to connect successfully to the races of beings and, via a controlled trance-like state, they have performed the functions of discussion, healing, and manipulation of physical electrical items.

During the trance sessions, the Zeta has been seen by others from this planet.

An appropriate energy field was needed for me to be blended by the ET entities. The field which was created took many years to develop.

After the initial three years of development, the Zeta race took a further two years to develop the proper connections. After this, connection to

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the Annunaki took another year, and now we are working to integrate the Sirius beings.

Each race has its own defined energy, and when they come, the energy has to change to accommodate their race. Each race acts semi-independently of the others, as one race must step away to allow another to access the blended energy, change it, speak, and then relinquish control to the main guide.

When I first started allowing beings to speak through me, or even come anywhere near me, I ended up like I had been sunburnt. The redness would dissipate after a few hours. I think I needed to be changed on two levels, the physical and the etheric, to accommodate the visits.

Once the etheric changes were in place, I was able to receive huge amounts of energy while being immune to the energy's ability to make me unwell. Physically, I am stronger and am able to support the connection process. The beings who have adapted come regularly, but even a new visitor from one of the same races, like a second Zeta being, causes energy changes. This puts me in an energetic state so that I am unable to sleep all night. I become restless, but am not tired at all the next day - it's exactly the opposite, I'm energized!

Let me state clearly, I do not hear from the ETs every day, and I do not hear voices speaking to me. I have a set protocol that no being is to interfere with me while I am working, going to work, or living my daily life. So, if they wish to connect to me, we use the energy of connection to create the correct process, and a portal allows them to speak to us.

I always felt I would like to have a solid visitation via a craft, so years later we contacted them and asked them to come again in a craft, and they did.

A group of us (about 15 people) were sitting in a circle around a camp fire on a large rural property. It was a cold night and the sky was clear, only stars were visible. To our right, a mist slowly moved over the hillside and then completely enveloped the group. Suddenly all of the dogs for miles around were howling, some of us saw a craft land and then we heard footsteps all around us. We felt the energy of the beings

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(like you would feel a person standing behind you). The dogs continued to howl and would not stop until the craft left. It was a wonderful experience, one I would wish for all people to have.

The ETs say that a human must ask for interaction. They don't "just turn up" and support people. Permission on many levels must be given by a human before they will aid individuals. Intent is the most powerful process.

One race called the Anorians often state "So you think, so you are." This is a very powerful concept.

I always ask for the best and highest good when dealing with a race, but unfortunately, some experiences may occur with some entities, including those who may occasionally be attached to humans. But everything is an experience of a sort, and we always learn from each process to become more refined and stronger in the journey.

There are many realms and races within realms. Not all of these beings are "full of love and light", and from what I have personally witnessed, it takes great effort and skill to properly clear one's etheric field of unwanted races and devices. Any development process that a person undertakes must be a full commitment. A human must fully consider what the ramifications of the changes may be in the life of the individual and their family if they have one.

A being interacts with a human by entering information via the etheric body. This information filters into parts of the brain and manifests in various ways. For example, the words selected by the being come out of the human's mouth. The being automatically thinks in the human's "word pool." My Zeta guide has used words unknown to me, and often I need to look them up. As such words are so distant from the way I think, I know that words are also taken from other pools of information.

Changes made to the human involve the level of energy available to the whole reception process. The ETs spent a long time learning how to move my hands and fingers, how to breathe, and even if need be, have a sip of water. After all those changes, my personality is still the same. I am a very grounded person, and I am monitored closely by those who

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know me well. They would have told me if I had been affected in any way.

I am fastidious in regards to recording and documenting every sitting. Over the five years we have been collecting data, we are able to cross reference all information to see if there are patterns, or if there are inconsistencies in what's been said. Over the five years, we have found no inconsistencies.

Transformation

Many people talk of ascension as a time of transformation, but those who think that this involves a particular date will be disappointed. The ET race has said, there will be no ascension on any given date. What many humans want is an external process for change, but whatever changes that take place are internal. No race will take on the burden of ascension for another race. They may aid and support a race to increase consciousness, but never will they cause a race to ascend. This would be an onerous process, and not sustainable for that race.

Everything you can be, you have the ability to develop now. Everyone has the ability now to access their energetic form and the connection and communication that goes with that. What ultimate ramifications that would have for humans globally is not known by me, but that level of consciousness would certainly make for a better world.

Humans are good at giving their power to others, but the ETs do not want that. The Sirius, Zetas, Pleiadians and other beings say that all humans have the ability to develop, but it's up to them to set the intent, to develop and experience for themselves, and to discover who they really are.

The spirit world

The spirit realm was created by the Anunnaki to hold the developing consciousness of humans. They saw that human consciousness had become self-aware after transition. The spirit realm is a dynamic existence, and the spirits' understanding of reality comes from prior knowledge and from what they perceive their reality to be. As a result,

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they are unable to recognize what is happening in totality. They do try to give humans a good answer about the structure of the spirit realm when asked, but it does fall short. Most times they don't even know of ET races. Spirits cannot move outside of their understanding of their existence unless they are under the influence of another higher form.

1. Introduction

Many people know, some with more certainty than others, that we are sharing this world with non-human races of beings. Their presumed craft are seen in the skies from time to time, and occasionally entities are seen beside craft on the ground. Very detailed contactee experiences suggest that some extraterrestrial (ET) entities have a physical presence on Earth. Who are these beings, who are these races with whom we seem to have very little physical contact, but much contact in other forms?

Communications with these beings are usually received via channeling the thoughts of unseen entities. If the messages are indeed from an extraterrestrial race, we should expect to learn more about that race than just its sense of divine purpose. For example, we are often only told that we are all one, that we should love one another, and that we should reach for the divine in our thoughts. But beyond that, the information should also include some of the race's history, its social structure, its culture, its science and technology, its biology, and its relationship with other races in the cosmos.

Such information has, in fact, been given through Paul Hamden, one of the authors of this book. He has been channeling communications for several years from members of the Zeta race, purportedly from the Zeta Reticuli star system. The Zetas are part of the *Grey* species which are now commonly recognized in our culture as the appearance of the extraterrestrial being. While in an altered state of consciousness, Paul is able to adjust his “connection frequency” so

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that it matches that of another being. He then mentally steps aside and allows the consciousness of the being to use his body to interact with other people around him. The being uses Paul's knowledge of language to generate speech or written output. A model of human interactions with the Zetas has been developed and is described in a later chapter, *A model of communication*.

The book is meant to familiarize readers with various aspects of the Zeta race and to understand its agenda while dealing with this planet and its peoples. The beings from this race are seemingly able to move around the planet unnoticed, interact with humans on many levels and then leave the humans in some cases with a "screen memory." The race has often been accused of abducting people, and in some cases taking genetic material for their own purposes. On other occasions they have openly interfered with technology, shut down machinery and interfered with electrical devices.

The Zetas tell us that there are forms of existence different from what we understand as the physical. These arise from the ability of the consciousness of a being to be in separation from its physical form and to exist as a being in an energetic environment. While in separation, an entity's consciousness may exist in the physical realm of a distant planet. The being can be accessing levels of information of a race on that planet, but be unseen by the host's inhabitants.

Another process is existence in physical form, such as the ET being in full consciousness on their own planet or craft, while a portion or aspect of their consciousness is within a physical being's form. The fully conscious ET still performs all functions related to its own existence, and is conscious of both its existence and the existence of the physical being it has entered.

But the preferred process for the Zetas is placing a physical Zeta body in stasis, and allowing the consciousness of the Zeta being to be transferred into a human form (or the form of some other physical race). The human appears like any other, and is usually unaware that its energetic body shares an extraterrestrial point of origin with a spirit realm consciousness. When the life on Earth ends, the

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experience is retained by the original Zeta consciousness in the revived Zeta body.

Humans experience something approaching the separation process while in altered states of consciousness such as lucid dreams or out-of-body experiences. But how far this process can go depends on the level of consciousness of the being. Humanity as a whole has yet to master the act of separation of consciousness and entry into another form. It lacks the technology and understanding of “the how” of the process. Humans certainly do possess the capability of reproducing this process, but are unable to unlock how to do it.

The Zeta ETs that communicate with the medium exist as physical beings on their own planet, but have the ability to separate the energetic body from the physical body. The energetic body holds the being's consciousness which is projected at the speed of thought to the far away location of the medium. They say via the medium's body, *“I am here in my thought processes, my friend, and so I move my consciousness to the consciousness of the being and am able to speak through him now.”* The Zetas have shared much information with us about their culture, history, science and technology, philosophy, cosmology, and the nature of reality in the larger environment. We also learned much about the human astral and spirit realms and the human incarnation process. The book analyzes much of what we have learned.

Throughout this book, direct quotes from the ETs are in the italic font.

2. About the Zeta race

2.1 Background

The Zeta race has a home planet in the Zeta Reticuli star system. It is always dusk there, with no more than a faint glow on the horizon, and so the Zetas live in semi-darkness. The planet's atmosphere ranges from -30 to 70 degrees C. Clothing is optional and is worn mainly on ceremonial occasions.

In a war with another race long ago, the planet's surface was devastated and it has never recovered. There is no surface water, and the land is bare.

The city inhabited by the Zetas is a single planet-wide catacomb. Transportation through the city is via shafts and elevators. Energy needed by the community is gathered by large towers positioned around the planet's circumference. Vegetation is grown inside the planet, and any animal life there are copies of Earth fauna.

Their social structure is hierarchical in nature, but without dominance. Leaders are respected, and never lead with violence or by suppression of another being.

During the conversations held with the Zetas, many details of their history and current status were revealed. The race has developed over many eons. At one time, the home planet in the Zeta Reticuli star system was attacked by the Reptilian race. The planet's surface

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suffered destruction from which it would never recover. After the destruction, the Zeta race rose up to defend itself and successfully repelled the aggressors. Since their stand against the Reptilians, there has been no more war. When asked if they were at peace with the Reptilians, they replied, *“Peace, my friend, peace is a tenuous word, isn't it? Peace. Sometimes there is an unsteady truth between races, that if one comes to another, that all may be as friends. Yes, many races have attacked each other. But we have come to the understanding that it is no longer beneficial to be at war with each other.”*

The Zetas developed technologies enabling them to form an alliance with other races. Eventually, their accomplishments included advancements in time travel, dematerialization, healing, space travel, and communication via telepathic processes. Over many generations, the race evolved to the point where its consciousness became a single entity as they developed the consciousness shifts available to them.

The Zeta race lives on many planets and some Zeta cultures live on craft. The home planet has no moons, and a year there is equivalent to about 1020 Earth years. It is always dusk, with no more than a faint glow on the horizon. There is no surface water, and the land is bare. The planet's atmosphere, which supported the growth of life on the surface, is now corrupted, and the temperature ranges from -30 to 70 degrees C.

The city inhabited by the Zetas is a single planet-wide catacomb. Transportation through the city is via shafts and elevators. Energy needed by the community is gathered by large towers positioned around the planet's circumference. Vegetation is grown inside the planet, and any animal life there are copies of Earth fauna. The Zeta do not like bright lights so they live in semi-darkness. Clothing is optional and is worn mainly on ceremonial occasions. Their social structure is hierarchical in nature, but without dominance. Leaders are respected, and never lead with violence or by suppression of another being.

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2.2 Biology

The Zeta being is a carbon-based, humanoid life form. There is said to be significant variation within the race, some having skin colours other than grey, such as black, brown, dull red, yellow and white.

The Zeta hand has three fingers, and each finger rotates in a socket to provide the dexterity for picking up small objects.

A Zeta's visual sensitivity is in the infrared part of the spectrum. Each of its oval eyes slants slightly downward from the periphery, with a nictitating membrane that closes in the same direction.

It breathes an oxygen gas and has a circulatory system with a heart situated on the right side of the body. The heart has three chambers beating in sequence to provide a high rate of flow. A single organ carries out the functions of the human spleen, kidney, and liver.

The brain is a storage unit for information. It is discarded with the rest of the body at the appropriate time.

The blood contains copper instead of iron, suggesting that the oxygen-carrying molecule is hemocyanin instead of the hemoglobin of human blood.

The Zeta DNA is octagonal and the molecule has a cylindrical shape.

The race has evolved so that they now have an atrophied digestive system. Food is a vegetable gel that is ingested by rubbing on the skin. Anything that is not used is excreted in the breath or through the skin.

2.3 The collective

The Zetas said that *"our culture is of a collective consciousness - what one being knows, all beings know."* Such a concept is foreign to humans who prize individualism and who would feel threatened by the lack of autonomy implied by belonging to a collective mind. Popular entertainment media have even called it a hive mind that should be feared. Yet the Zetas appear able to function as individuals while, at the same time, being elements in the collective. The Zeta

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said, “*All beings know, but as all beings do not wish to know all, then the collective is accessed to answer questions.*” That is, it is accessed when needed.

Also, a Zeta does not always represent the entire collective. Only as large a part as necessary is represented, as revealed in the following conversation.

Interviewer: Are you the spokesperson for a larger group?

Zeta: *In these matters I speak for a collective process.*

Interviewer: Who belongs to this collective?

Zeta: *The beings of our race.*

Interviewer: Your race has trillions of members. Do you speak for them all?

Zeta: *If the collective will is for one to speak, then yes, that can be the determination. But one never speaks for a race, but normally for a section of a race. We will use your human words to describe. Each section of the race interacting with this planet are based into groups. These groups are utilized into working groups to form various functions in regards to working with individuals and groups, so I speak for the group. There are other bodies, which are seeking to coordinate the groups, and so it is so.*

Interviewer: Your function is teaching. Are there other functions performed by other groups?

Zeta: *Yes many, connection, clearing of entities, travel, collecting information, storage of information, dissection and understanding of that information, modifications of energies for connection, teaching, processes related to the younger beings in our race for the progression of our race as a group.*

We were also told that the Zetas' spacecraft are “*designed by our best technical and scientific beings*”, suggesting that this is another division within the collective that takes on scientific and technological projects.

2.4 Reproduction

The lifespan of the Zeta's physical body is approximately 1500 Earth years. Because of this long lifespan, a pair of male and female parents has only one child in all that time. The reproductive process has become somewhat depersonalized as it no longer includes an “*act of integration*.” This step in their evolution is now regretted, since they miss the emotional body that develops between two people sharing a “*partnership of energy*.”

Genetic material is now taken from the prospective parents, and the child develops outside the body. Two pairs of parents will each decide to create a child at the same time so that the two offspring may be mated together for life when they reach adulthood. The Zeta childhood lasts about 80 Earth years.

A premature failure of the physical body may occur accidentally or otherwise, and a process exists to accommodate such an event. A Zeta explains, “*A consciousness would move to the collective mind of the race and stay in a symbiotic relationship with the mind of the race until a new container was prepared from the pool of genetic material. Then, simply, the consciousness re-enters the animated state and exists once again in its former role.*”

But in regards to a catastrophic failure of a child, if a child was to be harmed in an accident or some process, there is a technology to assist in the extraction of the consciousness from the child, or to capture the consciousness. The child does not have the potential to move into the mind of the race. The consciousness is encapsulated until a functioning container is created for the child. A biological entity is utilized in allowing the thought processes to exist where an environment is created for the child. It believes it to be in a state of existence.”

2.5 Society

Occasionally, a Zeta offered information about their society in response to questions.

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Interviewer: How were you given the choice to preserve the race and move to the less emotional state?

Zeta: *A global realization took place, and this is something that you as a race are coming towards. The technology enabled all of us to connect to each other. We were able to be in agreement as a race. At one point the decision was made to move forward in separation from what had held us back as a race, being physically trapped within a container. So an associated level of consciousness was created that was comparable with the physical construct of existence. We were then able, as a global entity, to interact with each other by placing our attention toward the collective mind of the race. And so, we basically turn our thoughts to the created process of the consciousness of the race, and make those decisions based on what is the overriding factor for the race.*

For the ones who chose not to enter into the collective mind, they were given freewill to leave, and so generationally, others have left and continue to procreate using the human method. The only facet of the race that is excluded from the collective mind are the abductor race. They are entities that have decided that they will journey on their own path, that they will take upon themselves a new construct, that they do not wish to be part of the collective.

Interviewer: How does that affect you, that another part of your race abducts people?

Zeta: *That is a difficult situation for us and, in all of our sitting processes and discussion, we have faced that question, that we do have a portion of the race that are disassociated from us because they refuse to abide by the non-interference policy. Just as you cannot stop a human from performing a function because all entities have freewill, all we can do is exclude them from the collective mind of the race, and then continually seek to undo the damage that has been done. And so, if a human or any being from any race is taken for any purpose, we would then seek to determine how to undo what has been done.*

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Interviewer: They must have the capacity to create their own conscious collective then.

Zeta: *They do, yes, because they are not part of ours.*

Interviewer: Who is in the majority?

Zeta: *We are the majority.*

Interviewer: Would you say the race aspires to develop further? Do you have spiritual practices that you conduct?

Zeta: *All races seek to exist, all races seek to improve themselves, all races seek guidance of higher minds. Is there a religious process, a construct, no. The collective mind has become the ultimate goal of the race, to exist purely in thought, and to not be moving from container to container. We seek to be like our brothers in consciousness. But we are also a part of the physical, we are able to travel within the physical, but as well travel energetically, so there are multiple ways to be in existence.*

Interviewer: How does your society operate?

Zeta: *There are elders associated with many of the faceted race process. The elders do not, like the human race, have a hierarchical structure process, whereby they determine what is to take place to another. All entities have free will, and so, we are a rather large race and have many entities. Each one of us is part of a process and has a function to perform. We have children as well, and we operate as a society that cares and nurtures each other. We have children that we create ourselves, we have elders which are able to provide the collective consciousness with information.*

Every thought that is created by you is placed into the total consciousness of the race, and so with our own race, we have the same process. But, as you are unable to access much of the information that exists, that is coming from the human thought forms, we also limit the amount of information that comes through the collective mind to each one of us. I do not need to know about

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every single entity in the race. I need to know what function I am to perform, and that is my talent.

Interviewer: Who is the leader of the collective mind of your race? It must have a direction which must come from somewhere.

Zeta: *Yes, of course, a consciousness is defined by elders within the community. The elders do not determine the outcome, the elders put forward prospect and information to all entities within the collective.*

If we were attacked as a race, as we have a underlying process of to not harm any entity, we would require that the whole collective would decide to defend itself using technology, meaning that we would need to come to an agreement in regards to if we would take another life. And so if a race decided to attack our race, we would need to have full collective permission to use technology against another race. A life taken is never taken lightly, it must be a collective decision.

Interviewer: There is often greed and power on our planet, and it is difficult to do much about it. Did this happen to your society in similar stages?

Zeta: *In every society there has been a history through development where there would have been struggle, my friend. A basic premise is that all physical races require nutrients and sustenance, and so any race that is based in the physical will also require to have access to sustenance. If you are in the physical, it does not matter what race you are from, you are a developing race, you will struggle to survive.*

Interviewer: Do you die in the physical?

Zeta: *When my parents created me as a child, I was created by genetic material from my parents. My wife, as you would say, was also created at the same time. When we were old enough, we became one in energy, my friend. Now, we do not have any sexual organs as you use in the reproductive process, and so, as our life span is about 1500 of your Earth years, what we would do is to take genetic material and create a new container. As my time, as you say, is coming to an end, I would transfer my consciousness into the new*

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container and continue on. Each parents only have one child. We are not much different than the process that humans use, except for the fact that you do not have a pre-prepared container to move into, and so humans transition into your spirit realm process, and then you would determine whether you would reincarnate into a new physical form.

Interviewer: Do you ever choose not to come back into the physical but to evolve to a more spiritual level?

Zeta: *The elders remain in the collective consciousness and only come back into the physical form when required, so it is a decision based on the need to have an elder present as to whether or not they need to be in the physical.*

Interviewer: What is your spirit realm like? Is it similar to ours?

Zeta: *We do not have the same process as the spirit realm because the collective consciousness of the race and the physical existence of being part of the race, are one.*

Interviewer: Do you experience sleep states as humans do where you can experience alternate realities?

Zeta: *If I were to sleep, I would sleep every seven of your cycles, every seven days. I do not require to cease functioning as a physical entity to move into the sleep state. I am able to partition my, or segment my consciousness and physical processes so that part of my mind is in a quietened state of existence. Sleep is seen as being not required.*

Interviewer: How in your community do you choose to do different jobs? Do you choose yourself or is it chosen for you?

Zeta: *It is chosen for you. It is determined on your genetic functional structure. The best possible entity performs the task. Is it not the same within your own community? You may be genetically predisposed to be a good surgeon, and so if you are naturally inclined to perform that function, that is how our race are chosen. You would be trained in that process and it would be a natural*

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ability for you, such as the entities that create the craft. All craft are living entities, they need to be grown. They are living consciousness.

Interviewer: How much focus does your race tend to put on keeping the container healthy and mobile?

Zeta: *We spend much time in walking and although many people think that we must float around a craft, there is technology to assist a movement, but it is common to see many of our race walking. That is a way to move from one place to another.*

Interviewer: And what does walking do for your container?

Zeta: *It keeps the muscular structure in good condition.*

Interviewer: Do you have members of your race that choose not to walk and don't keep the container muscular?

Zeta: *No, because there is a simple underlying fact to the race, that what I do affects you, and so I will do what I can to support you, and if you do what you can to support me, then we require no other assistance because we do everything for each other.*

2.6 Education

Interviewer: Have you told us before what your role is?

Zeta: *Yes, I am a teacher. Would you like to know what I teach?*

Interviewer: Yes.

Zeta: *The medium has been to where I teach. It is a large spherical room. There are, you call them seats, but they're not seats, continually around. All of the children come and spend their days until their lesson is finished. A lesson may take three days.*

Interviewer: And what is it that you teach.

Zeta: *I teach portal re-creation and manipulation. I teach how to move from matter.*

Interviewer: Does it take long for you to teach these children?

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Zeta: *Yes of course.*

Interviewer: So how long roughly?

Zeta: *That is up to the genetic makeup of the child, as to the ability to functionally understand what they are being shown. They must also grasp how to manipulate the energetic structures by using their minds.*

Interviewer: And at what age do they start to come to you as a teacher.

Zeta: *From when they are born. A child that is created through the tuition is fed to within three to five days, through paste, and then within a very short time, possibly days, they are to start their lesson.*

Interviewer: How many students would you have?

Zeta: *Thousands.*

Interviewer: Thousands? And is there just one of you in this spherical room.

Zeta: *There is no need to have more than one adult, and you control the class by controlling the minds of the children. They exist in my thoughts when I am teaching the osmotic process.*

Interviewer: So everyone goes through this process?

Zeta: *No, just the children that require cosmology.*

2.7 Philosophy

In the energetic universe, frequencies and their resonations are the basis of experience for all entities (see the chapter, *The energetic environment*). Although we are only beginning to understand them, there is a sense that laws underlie this existence, analogous to the laws of physics in our physical experience. But a limit to the Zeta's knowledge was displayed in Hamden (2012) in a discussion regarding the origin of the Multiverse itself (see section, *Creation*).

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The Zeta says that for them to know the origin of the Multiverse, they would need to be that entity. They agree that there must be a Creator which is a “*non-local, universal, creative life force*.” The reason every living thing in this creation exists is to strive for experience.

Interviewer: How did the Multiverse as a living entity bring forth itself?

Zeta: *My friend, if we knew the answer to this, then we would be the actual conception of this life form.*

Interviewer: Is there a God - some creative force, something beyond all?

Zeta: *Yes, my friend, this is so. However, when you say "God", you lack understanding.*

Interviewer: Do you speak to or know of this "God entity"?

Zeta: *We are all the same, seeking to understand the "highest nature", the Creator, the non-local, universal, creative life force.*

Interviewer: What is the point of all this life, death, change, we go through?

Zeta: *All beings are of a life force nature, striving for experience, comparison.*

Why the Zetas “*seek to be aligned with other species*” was addressed in Hamden (2012). The life-energies from all species are believed to have a common origin. Somehow, there was differentiation, and now there is a drive to become unified once more. Their interest in other species stems from this drive to return to the source of all things.

Zeta: *All races have a common goal, to be one with each other, in a communion. Why is this? Originally, all energies come from one place, one source energy; they long to be reunited with the "whole."*

The Zeta also commented on aspects of consciousness in the universe. Consciousness is a property of all energetic forms, including both animal and mineral. We are told that a transmutation

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of energy to a different form can only follow from a conscious choice of the existing form. Such choices underlie the universe's "constant growth and experience."

Zeta: *All life, all forms of existence have consciousness. All are a form of energy which exists and transmutes to each new state after its transition. All energies, when moving to form will choose what form they take, whether it be animal or mineral, there is full consciousness of the form they have taken, and the ramifications of that existence.*

Zeta: *A basic truth in this universe is constant growth and experience.*

The following was a response to a question about whether all ETs have a spirit. The typical human understanding is that spirit is a part of us that survives the death of the physical body. The Zeta understands it as an energetic form that contains information and can learn from experience. This describes the Zeta consciousness in the energetic form as well, and so it might be said that a Zeta is, or has, a spirit.

Zeta: *The energetic beings you call "spirit" are actually an entity formed from energy that has an ability to hold information like a capsule. This vibratory form resonates at a level of its existence. This then sees in itself what benefit the process has been to itself and then, in a "teaching process" moment, it moves on to continue the journey.*

In a similar vein, the Zeta was asked about the nature of the soul (Hamden, 2012, p. 42-45). The answer clearly differentiates the soul from the spirit. The spirit is a relatively temporary energetic form, while the soul is a single entity divided into many parts having independent existences. These parts are each born into separate "states of being in many realms." Thus, the soul as able, via its faceted existence, to experience many lives in parallel.

Zeta: *The nature of the soul in its own understanding, its own container, understands that by its own nature it belongs to a class of*

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energies. This class of energies remains as a whole form, one entity, broken into many forms, many existences. So, saying this, a being is able to incarnate into many states of being in many realms.

Zeta: *Many soul facets can combine to form one entity. This means many entities, individual group souls, can combine to form a faceted being, living one existence.*

The Zeta adds that the Source energy is a complete entity, and its purpose is to understand itself. This it does through the experiences of all the interconnected energies of existence, such as the facets of souls.

Zeta: *We believe that the source energy has created multiple timelines and existences and dimensional processes for the ability to understand self; it is learning from facets of existence. We are all connected to each other on all levels. The source entity has become a complete entity; there is a continual journey for all energies.*

2.8 Cosmology

2.8.1 Creation

To the Zetas, consciousness is a fundamental property of the universe. In Hamden (2012), the Zeta says that very advanced conscious beings created the universe with its multiple timelines, and these beings still maintain some control by protecting us from other aggressive races.

Zeta: *These sentient beings are watchers over the whole process. The one of universal re-creation was their doing. It is important to note these beings are bilateral in communication and have a constant connection to many beings in all parts of the universe, once again, for the purpose of evolution and creation. Many races could take your planet, but it is not as it is protected.*

The beings, when creating the nucleus of the Multiverse, split the form, the initial creative potential of this entity, into fragments - something like a stream. This stream of matter became the

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Multiverse. When the first process of time began, it was then segmented into various streams. This is not a synchronous process.

You think of time as you would a watch ticking. The reality is that time is a reference point, not a continuum. Just because on your planet you perceive a cyclic process, does not mean time exists.

Fragments of being are the "group soul" for your purposes of understanding. Each fragment moves into pre-determined areas of the Multiverse - you realistically are living many lives at the moment. If one dies, it does not affect any of the others. This is why the timing is non-synchronous!

So the reference of time in your world - is insular, and not to do with the Multiverse.

We can get a feel for the presence of multiple timelines from the explanation of *déjà vu* offered by the Zeta. For many of us, *déjà vu* is an overwhelming sense of familiarity with something that shouldn't be familiar at all.

Zeta: *The possibility of multiple existences for you is a reality. Many of the existences, of living in that timeline, is of a non-synchronous process. Often you are moved energetically from the physical and phase shift into another timeline, depending on the relative distance of.... Words now fail us...*

Imagine that there is a running track and each being that are to run, are on the starting positions and "are you." You are all instances of the runners.

You all start running. At some point some catch up with the other of you, and at other points some of you are running faster than others. So if each runner is on a timeline, as each comes closer to the other, you sense and perceive you have in some way experienced a process before.

Consciousness is not encapsulated in the physical body, consciousness is able to be spread across many existences, so when

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you come across a non-synchronous time, separation only exists in consciousness.

2.8.2 The Grid

In Hamden (2012), the Zeta described the concept of the grid. It is *"like a fluctuating wave vibrating through the universe. It holds all space and time."* Every physical object has its own grid and links into the main grid. Our thought patterns create resonance around us so positive thoughts can change the grid. Alternatively, negative emotions such as fear and anger can create regions of instability in the grid that may be associated with wars on the planet's surface. We all resonate with the grid, and we can both change it and be changed by it. All conscious thought is placed into the grid, and it is used by many ET races as a medium for telepathic communication.

The Zeta told us that *"the grid is defined by the individual entities that it is, so if you had a cup my friend, the cup would have a grid that was associated with it. But for the grid to be in its true state, there is no form for the grid."* That is, in the absence of a configuration experienced as an object, the grid is without form.

Further, *"The grid process is much aligned with the nature of all things being connected. Your scientists are now understanding the relationship between the subatomic particles, and that the state is determined by its relationship to other particles, but they do not understand that it is the consciousness that creates the state, and it is consciousness that has created the illusion of matter."*

2.9 Race relations

The extraterrestrial Grey species has gained a negative image in recent years following reports that they are responsible for abducting people. Some abduction experiences have been very frightening ordeals with violations of the physical body. However, other abduction experiences have been very positive and enlightening. The Zeta was asked a number of questions concerning their relations with other races, including humans.

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Interviewer: Why do you come to us, what is your intent?

Zeta: *We have viewed this planet as a great place of prosperity. I am a physical being in this universe, I am joined via the energy processes. I am not a disjointed energy, but if I choose to travel, I can. Many spirit beings who speak through mediums, there is some concern for you as a race, and this will link in to why we are here.*

Interviewer: Are love and compassion the prime motivators in all non-human race relations?

Zeta: *There is experience, my friend, and there is communication and there is relationship, too, and many of the humans are currently in relationship with their original family members [from ET points of origin], and so to be purely thinking that the human race considers itself one type of entity is an untruth so. There is a much broader viewpoint in regards to the existence of many races living in this physical realm. But of course we have compassion, and we love our children too, and we never harm any being, my friend.*

Interviewer: So when you deal with other races then it would be true to say that you think you would want only the best for them?

Zeta: *In all things my friend, as at no point would we ever harm each other or any other race and would not harm any other being unless we were forced or provoked to defend ourselves, my friend, which has happened before.*

Zeta: *Friendship is defined as a "respect for another being, as one would respect self, but never interfere in the learning of another."*

Zeta: *Friend... the word allows an amicable instruction to be given between two races.*

Interviewer: How do you perceive love?

Zeta: *Humans perceive love on a conditional basis, but then other humans give their lives based on a situational response. For us, we would never harm another of our race, so we treat each other as we would treat ourselves. So this is our understanding of love.*

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Interviewer: When non-human visitors, when they visit Earth, have they ever been abused by human groups?

Zeta: *Yes, some have.*

Interviewer: Are there now non-human races in the Earth environment that have selfish interests and wish to exploit the human race?

Zeta: *Yes, my friend, yes.*

Interviewer: Would they be members of the Zeta race?

Zeta: *No, my friend, no.*

Interviewer: Can you say who they are?

Zeta: *One race that we will say who they are is what's classed as the, by your Earth tongue, as the Draconian and Reptilian type processes.*

Interviewer: Do you abduct people?

Zeta: *There has been research in the past, not in regards to you, but others, that may have been construed as abductions. As a race, how do you answer that question from an Earth perspective?*

Zeta: *We do not speak for other races, communication is always a pre-eminent process in our ability to integrate into the human form. We seek communication always with our own. [That is, the prospect of communicating with the human form is the main reason why a Zeta chooses to incarnate as a human. Zetas only abduct human forms used by fellow Zetas in order to communicate with them.]*

Interviewer: What do implants do?

Zeta: *They send information of a cellular level and organic process level to a central place for understanding of the human race as a whole. This database is used for what? Our understanding of your race as stated.*

Interviewer: Are there other uses for the devices or are there other devices?

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Zeta: *Tracking was used in the past. You will notice that many years ago those humans were not in contact telepathically with our race, so as a means of discovery, we did as a race implant some Earth beings. But also remember, some "others" on your planet have been mischievous and placed implants as well.*

Interviewer: Why use devices?

Zeta: *Tracking each of the beings who had moved to a human form... but consciousness as a global entity is now such that these devices are now based in energy, and also many extraterrestrial beings are often contacted by using a tone frequency, in a hearing process. And this is why many entities hear a tone, but are unaware they are not from the spirit realm container, and why they take samples.*

Zeta: *Have you ever heard a short tone that lasts for around ten of your seconds, that is rather loud?*

The human collective consciousness has advanced to the point where devices “based in energy” can be used to track people. That is, a telepathic technological process is employed to find Zeta beings who have incarnated in human form. The targeted humans experience this contact as a loud tonal sound inside their heads lasting about ten seconds. They are typically unaware of their non-spirit realm point-of-origin and why they are of interest to the Zetas.

The Zeta explained that all reported abduction experiences do not have the same origin. If there is a true extraterrestrial race on a craft coming to a person, the physical body of the person would be removed from the premises to the craft. But if the human is somewhat attached to astral entities, the experience would likely be via the etheric body, particularly during sleep. They added that an astral entity is typically drawn to a person by a specific behaviour.

They also warn that a person who is in an imbalanced state may fantasize interactions with extraterrestrial entities. The person believes they are interacting with a specific race when they are not.

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Their consciousness requires them to believe they have been abducted or are special and unlike all other humans.

Interviewer: Why do some people see spaceships and have contact with star people?

Zeta: *The Earth is divided into projects and certain peoples are part of these projects. Generally, projects are where genetically modified beings are placed in close proximity to others and as a communication device, they channel our information through, for advancing the human race vibrationally.*

2.10 Activities on Earth

The Zetas have a presence in the Earth environment in a number of ways. Some travel here in physical form using craft we call UFOs. To breathe our atmosphere, they place a device in the back of the throat which converts oxygen to a gas they can breathe more easily. In the past, they roamed the planet, taking samples and accumulating information about animal, human, and biological specimens, much as humans have done since. The Zetas used this knowledge to revitalize the destroyed environment on their home planet by using Earth plants and animals.

Some Zetas, like those communicating with the medium, use the planetary grid (see section, *The Grid*) to communicate with humans “*like a spirit being to a loved one.*” There are also “*many energies living on this planet who are working towards a greater vibrational state.*” That is, some Zetas are living on Earth, incarnated in human bodies and born to a human mother. We are told that, “*Before conception, and prior to the spiritual nature of 'being', the being would correctly arrange as to what state would be of the new matter (human).*” A particular Zeta speaking through the medium informs us that, “*If I wish to become a human there, I would simply be placed into a process of sit state (wait queue?), and then will move to a human contact to become a human. It will be my turn soon.*”

No Zeta would consider taking a human form already inhabited by another being. But creation of bodies in which to live life on Earth is

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suggested in the following quote, “*Genetically created beings have been placed on this planet and we have moved our consciousness to these beings. They are easy to interact with, they look human, you do not know the difference.*” This method may be disconcerting to people who are unprepared to accept that the physical body is merely a container for the energetic body.

A Zeta explained, “*A very unknown truth is that about 30 percent of humanity does not come from the spirit realm process. Sometimes humans are visited by their point-of-origin race and the interaction is seen as unkind and unwarranted, because if you are to believe that you are human, then of course another race is seen as unwelcome. In a high percentage of contact between humans and the point-of-origin race, the human is never harmed but may be psychologically uncomfortable with what has taken place. But there are races that do harm humans. If you are ever fully harmed in an interaction, then you know that they are not your point-of-origin race.*”

A purpose of the ET presence is to raise the awareness of humanity in order to minimize the likelihood of wars with ET races in the future. Such activity to bring harmony to the universe is happening on many other planets as well.

They say that they “*seek peace with all beings – not all planets, not all beings seek this.*” Thus, while clarifying their intentions, they also warn us that some other ET races are not as peaceful.

Long ago, when humans were not in telepathic contact with them, the Zetas did implant some with tracking devices to monitor movements. In more recent times, however, only Zetas who chose to incarnate as humans have been taken in order to communicate with them (see section, *Race relations*).

There are other races visiting the planet who do abduct humans for their own reasons and may still implant devices. For example, we learned that a recent forceful abduction was carried out by a different ET race from Alpha Centauri. A member of this race was once introduced to Paul Hamden while in trance, and Paul found it to be

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an unpleasant encounter. Since the Zetas are currently the face of extraterrestrials, such cases would no doubt contribute to the perception that they are responsible for the adverse abduction experiences that people have reported.

However, another race of the same species as the Zeta race has been involved with abductions. The Zeta says that *“the only facet of the race that is excluded from the collective mind is the abductor race. They are entities that have decided that they will journey on their own path. ... The abductor race, as we call them, has a facial structure which is different to ours.”* The Zeta suggests that the “abductor” label applied to the Zetas comes from humans who wish to have control and power over others. They contend that if their race were presented in its true light, then such people would have to relinquish their power base.

When the Zeta was asked what sort of physical harm might be done by extraterrestrials, they replied, *“They will take genetic samples from a female and other information from the male of the species, seeking to understand what is your biological nature. If you were to come to this planet, and you have never been here before, and you had three heads, who would you speak to first? Most of your planet is covered in water, would you speak to these creatures, or would you go to the humans. Would you go to many other species? How would you know, how would you learn, knowing that the species would not want to speak to you? So many of the races that are able to reach this planet now seek information about who you are, and some may unfortunately harm some of the species that are here, seeking to understand how to communicate. But others also have an agenda where they seek to harm you, but this planet is protected by many races. This is why you have not been harmed as a civilization.”*

When asked how cattle mutilations fit into the picture, the Zeta replied, *“It is not of our race, but other races who wish to propagate their own species. I will state that the Zeta race have never killed a human being but other races will harm you and other entities on many planets.”*

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We were told by the Zeta that a Reptilian race that decimated the Zeta planet long ago is now also in the Earth environment. The Zeta warned that *“it would be wise for your people who are working with that race to be aware in the back of their minds, they may not be working for the ultimate good of your race.”*

On the other hand, there are a number of ET races cooperating to support the well-being of the planet and the life forms on it. The Zeta said, *“There is a loosely coordinated group that live within the areas of this solar system. They seek to as a collective of races, manage what is taking place.”* The group appears to be coordinated by a race known as the Pleiadians. The Zetas are represented there by other races because they *“are technical and do not require voice.”* They help to carry out the wishes of the facilitating body, *“as do all races. No race is not working in some way for the benefit of all races.”*

When asked if the work to heal the planet was being done in collaboration with Earth governments, the Zeta disagreed with the premise that the human race owns the planet. Many races have lived here before the present human civilization, and even now many humans are incarnations of spirits originating from races such as the Zeta race. All have a stake in supporting the planet. The increasing level of human consciousness should soon help us to realize this fact. The Zetas expect such a new understanding of extraterrestrial involvement to happen within the next thirty years.

According to the Zetas, those thirty years will also see an ever increasing human population competing for sustenance. New technologies that are currently hidden from the population are expected to be developed to deal with this problem. These technologies should be revealed within the next ten years.

However, the Zetas acknowledged that although they have the ability to see the future in broad terms, even unanticipated thoughts can change a process. They said, *“It has been seen that in ten of your years, certain changes will be in influence for you as a race but, as stated, not all is seen, or known.”* They added, *“The future (as you*

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may call it) on any timeline, exists now and cannot be guaranteed of an outcome. You assume hot water comes out of your tap, but there is a dependence on many things to produce that heated process.”

The Zeta was asked how many ET consciousnesses are in the near-Earth environment at this time. They responded that the number was impossible to estimate since it fluctuates so much. The beings visiting Earth are able to enter a state of separation where the energetic body can be extended far from the physical body. That is, the physical body and consciousness can be in one place, but the consciousness can also be in a separate, faraway place while it is in an altered state.

The Zeta explains that *“if you had a thousand beings that were currently moving through their process in an energetic form, some of them would be waking up and others would be going to sleep, others would be consciously moving here energetically, so it would be a constant process of change in regards to who would be here at any point.”*

Further, *“there would need to be an understanding of what beings have moved their consciousness from their physical entity to a point on the time line in a physical reality which would be quite difficult to do. Because consciousness is not there, would you say.”*

That is, it is very hard for one being to identify the point on the timeline where another being’s consciousness has gone. This appears to be an unresolved technical issue.

3. A model of communication

Summary. *A model was developed which describes the process of communication between humans and the Zeta race via the medium, Paul Hamden. The Zetas prefer a question and answer process. The model proposes that a posed question activates a corresponding entry point to the human's knowledge base. The Zeta then accesses the knowledge base, sees the question's context, and determines a response that will merge with the existing context. The model explains why the question and answer format dominates the communications. Without a preceding question, the Zeta may have difficulty finding the appropriate words for expressing information. It also explains why some linguistic errors are made by the Zetas, how they detect redundant questions, and how their information-rich telepathic answers should be interpreted.*

It is not difficult to find reports on the internet that claim to be communications from extraterrestrial beings. Usually there is no independent evidence that a report is anything more than the product of a human mind. Occasionally, however, someone passes on information that seems to be beyond the scope or abilities of the mind producing it. Paul Hamden is one such person who has published a book describing his interactions with a number of

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extraterrestrial races (Hamden, 2012). This article examines how such communication might occur.

Paul is aware of reports that people have seen apparitions that they sometimes identify as demons, and some have suggested that these apparitions may be manifestations of an extraterrestrial presence. Paul proposed that "Extraterrestrials take the strongest image from a mind (as they don't know the image may have a negative connotation) and manifest that image, expecting that humans will welcome them with open arms as if Jesus had walked into the house." According to this idea, extraterrestrials have the ability to appear before a person either clairvoyantly or in a physical form not necessarily their own. He suggested that the form chosen is somehow retrieved from the mind of a person in the room, presumably with the expectation that a familiar form will cause minimal distress.

This proposal explains why extraterrestrials might occasionally appear to humans as demons or angels, owls or clowns, or even as a deceased loved one. It also offers a possible explanation for the prevalence in some parts of the world of the extraterrestrial *Grey* stereotype in reports of alien abductions. If a dominant image in the human abductee's mind were this stereotype, then it could be activated by any race of abductors, no matter their actual appearance. But the idea may have more general applicability. Appearing in a visible form can be seen as initiating a form of communication. Basically, the entity is saying with its visible presence, "Hello! I am here!."

We can raise this proposal to the level of a general model of communication. The model says that an energetic extraterrestrial entity communicates with a physical human entity by using the existing contents of the human's mind to encode a message. The message is constructed by using bits of information already familiar to the human. The message consists of ordered pointers to existing information in the human's mind, and the information is expressed in

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the order specified. Sending the information itself would be less efficient, and might even be impossible.

3.1 Evaluation of the model

The value of the model can be explored by examining how well it accounts for observed phenomena. The interactions with the Zetas via Paul Hamden offer such an opportunity. The following sections discuss some anomalies and several properties of the communications that support the validity of the model.

3.1.1 Errors in speaking through a medium

The model helps to understand errors in communication between a Zeta and sitters in a séance. Typically, the medium's body becomes a tool to be used by the Zeta being. When speaking via the medium's body, the being's knowledge of the language rarely goes beyond the medium's knowledge. This means that a question containing words not in the medium's vocabulary likely would not be understood by the Zeta.

The Zeta may select a word that is not quite appropriate given the context. For example, a question was asked about how to test if one were in a particular energetic environment. The answer to the question was *"If you've given me information too of the level of awareness for the crisis, you would need to reshine that you are in a separation."*

Given the context, uses of the words '*crisis*' and '*reshine*' were unexpected. Apparently, the word '*crisis*' replaced the word '*test*' in the question. The use of '*crisis*' is not appropriate here, but it would have been associated with '*test*' in the medium's semantic network. Sometimes a crisis is a test. Also, the word '*reshine*' is not found in the Oxford English Dictionary, but could be taken to mean '*shine again*'. From the context, this would have meant '*clarify*'. The sentence should have been, *"If you've given me information too of the level of awareness for the test, you would need to clarify that you are in a separation."*

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In another case, the being's choice of a word was recognized as an error often committed by a non-native speaker of the language. The error came in response to the question, *"So there are no more wars as of today?"* The Zeta answered *"As of today, no, not until in our stand to the reptilian process."* The Zeta apparently confused the meanings of 'until' and 'since', an error commonly made by some speakers whose native language is French. Again, the two words are semantically similar, and the error was simply a failure to distinguish the subtle difference in meaning. The answer likely should have been, *"As of today, no, not since our stand against the reptilian process."*

These kinds of errors could arise if the Zeta were accessing a semantic network in Paul's mind where words are most strongly associated with others having similar meanings. The Zeta would choose a particular word according to its meaning, but would lack the experience of a native speaker to sense subtle differences in usage among the related words.

3.1.2 A restriction on ET information

The Zeta entities speaking through Paul Hamden usually restrict themselves to answering posed questions. They say that offering novel information which we are not prepared to receive would just confuse us. A Zeta was asked, *"Are there limitations on what you are able or allowed to discuss with me?"* The reply was as follows.

"The limitations are of your own mind my friend, and so when dealing with you, my friend, when you explain to a child there are specific things that they must learn, you need to always talk from the basic concepts. It is not relevant to a young person, you are speaking to them of matters which are not able to be comprehended by their mind. It does not mean that we will not try to discuss if we perceive there are entities able to in some way understand what is being said. But each being is discussed with at the level that we perceive they are able to understand. Or else what is the point of the discussion."

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So we are told that new information would not be volunteered by the Zetas because of limitations in our own minds. These limitations appear to prevent the Zeta from expressing the information so that it can be assimilated into our knowledge networks. If the Zeta selects what it wants to say from existing bits of information in the human's mind, it would need to have a relevant entry point into the human's knowledge base to construct a sentence expressing the new information. Such an entry point would be prominent after the human frames a question, but in the absence of a posed question, entry points would merely reflect the human's random thought processes. These would most likely be unsuitable for expressing novel information the Zeta might wish to volunteer. Therefore, the Zeta's reluctance to volunteer information would simply be due to the difficulty in finding the words needed to express the information.

3.1.3 Redundancy detection by Zetas

The Zetas apparently don't care to deal with redundant questions. When a sitter asks for information that is already known, the Zeta will usually say, "You already know the answer. Look within." The proposed model allows such redundancy to be detected quite naturally. The Zeta would access the human's knowledge base via the entry point associated with the question. There they would find the question's context in order to decide how to formulate a reply that would seamlessly expand it. But if the context already includes the answer to the question, there is no need to proceed further. The questioner is then told to "look within" for the answer.

It has happened that a partial answer given in one session was detected as a complete answer in a later session when clarification was requested. The error resulted in the claim that they had already given the correct response. In retrospect, the confusion may have come from faulty logic on the part of the Zeta. That is, in one session we were told that Process A implied B. In another session, we were told that Process C implied B as well. Then in a third session, the Zeta was asked if Process C was the same as Process A. According

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to the Zeta, we had enough information to answer that question already, even though the required inference was weak.

3.2 Discussion

The proposed model of communication between humans and Zetas seems to account for the observed phenomena described above. The questioner asks a question and then unknowingly facilitates the reply when the Zeta scans for relevant contextual information in his or her memory. If the information does not already exist, the Zeta gives a reply that best fits the questioner's linguistic and semantic knowledge. The purpose would be to minimize the possibility of creating confusion. The reply is received either via the medium's body or via a telepathic impression. Either way, it becomes part of the questioner's knowledge base.

Skeptics might argue that the external agent is not a Zeta, but could equally well be an unrecognized, autonomous part of the medium's consciousness. Such a fragment of consciousness could have the required access to the medium's cognitive system. However, we can muster several arguments against this possibility. First, there is no reason to expect such a fragment to make linguistic errors typical of a non-native speaker of English, as the observed confusion between '*until*' and '*since*' implies. Second, the telepathic communication, which was obviously intended to resolve a logical inconsistency, is not a recognized human capability. Third, the information obtained was often very sophisticated and most likely beyond the ability of the medium to verbalize in his normal state. This is particularly obvious in the discussion of the section, *Synthetic quantum environments*, where an understanding of advanced physics is implied. Therefore, we can conclude that the external agent is independent of the medium, and there is no reason to reject the medium's claim that he communicates with extraterrestrial beings.

We can say a bit more about the memory scanning process preceding the response to the question. The semantic errors described above suggest that the question provides an entry point to a semantic network. The network would represent the meaningful relationships

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among words by their proximity, and that would help to explain the observed linguistic errors.

The model raises an ethical concern with respect to the autonomy of the individual. Humans are accustomed to being self-contained, independent entities when they communicate. They don't look directly into the mind of another to judge how to tailor a response to a question from that person. They also don't directly impress images and emotions into the mind of another to communicate a message. Although such interactions could well improve the reliability of communications, should we be concerned about an invasion of privacy by the Zeta?

As far as I know, people who have communicated with the extraterrestrials via Paul Hamden have never expressed the feeling that their personal space had been violated. Before any communication can take place, the Zetas need first to “prepare a connection.” In my case, I gave them permission to do this by expressing to Paul the wish to communicate with them. Shortly thereafter, I was awakened briefly during the night by a whole-body buzzing sensation. The communication session followed the next day, during which the Zeta confirmed that the sensation coincided with preparation of the connection. So although I was not clear on what to expect, I had agreed to participate in the project. Presumably, the interactions described in the model would not have occurred without that consent.

4. The Zeta greeting

At the start of an interaction with Zeta beings in a séance setting, the Zeta often asks, *"What is your energy?"* The sitters typically respond by describing unusual feelings in their bodies such as a "pulling in the solar plexus" or a "pressure in the head." These sensations may well mean that the energy in the room has changed, likely because of the Zeta's presence. But, as the following interaction makes clear, these personal sensations are of no interest to the Zeta.

Zeta: *The reason we ask you about what is your energy, that is a standard greeting process for a race. "How are you?" is a human term for "What is your energy?" Your energy contains all of your consciousness, your energy contains your perception, your energy contains your vitality. So we ask every time over the many years, "What is your energy?", and we believe that the sitters have generally misunderstood what the question is. If we hear that you have no pulling in your solar plexus, that means nothing to us. It means nothing to us if you say you have pulling in your solar plexus. It means nothing to us if you say "I have pressure around my head."*

Interviewer: What is the standard answer that you would give to another Zeta if you were asked "What is your energy?"

Zeta: *"I am in energy", that is what I say. But if you are not, then you are not.*

Interviewer: But are you always in energy?

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Zeta: *No, you are not, not energy that you can define, because when I would say, “I am in energy”, I would present the energy for the other entity to feel.*

Rather than the ritualistic "How are you?" often used by humans, the Zeta's greeting is practical in nature. It is intended to discover the energetic state of the other individual. If the answer is equivalent to “*I am in energy*”, then the communication process can continue.

In a later séance, the Zeta was asked to clarify further what was meant.

Interviewer: What is it you want explained when you ask, “What is your energy?”

Zeta: *What you cannot give. So, you are giving a descriptive process of what you feel in the room, but of course you are not able to present your energy the way that we do. So to ask what we require is beyond you.*

Interviewer: Are you happy with the answers that we do give you? Is it of any benefit to let you know what the energy is doing to our bodies?

Zeta: *If you learn from what you say when you say it, then you are teaching yourself. If you are learning about the difference between the energies that you hold prior to being in the room, compared to what you are while you are in the room, then you are learning. But if you are learning nothing about yourselves...*

Interviewer: Are we also learning how to cope with the different energies?

Zeta: *Yes, of course.*

Interviewer: So that's a good thing.

Zeta: *As long as you understand the difference, to examine what it is that you feel when you sense the different energies, and how does it affect you, how are you affected.*

Your descriptive processes are designed to indicate to us what

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changes you have felt in the room. Normally, when you are asked, “What is your energy?”, you would present your energy, but you are unable to do this. I have presented my energy to you. That is who I am. Now, of course if you were able to complete that function, then I would be able to correctly understand who you are.

It is only a social interaction to present oneself. A human will use a greeting process, but that hides the true feelings. When you ask a human, “How are you?”, the human does not tell the truth, generally. Humans shield others from their own thought processes. They present a outer shell of information, a facade for others to see. Of course, you feel that that is necessary sometimes, but not worthwhile in this room. Often, we are able to see exactly how you are when you do not understand that yourself.

Interviewer: Presenting our energy, is this something we can learn?

Zeta: *To present your energy is the first step in understanding how to interact with others. It is the beginning of learning how to heal without the presence, without the input, without the assertion of another being. Because in doing so, when you present your energy, you must be in full cognitive control of how the energy is presented, what ramifications are there of presenting energy, and how are you to bring the energy back to yourselves once you have presented the energy.*

Interviewer: May we have the chance to present the energy to you? We would like to try that.

Zeta: *Of course you may try. Let me explain how you may attempt to do this. You will allow your consciousness to expand itself out into the room, and in doing so, you will present your energy, but of course, you will only have a few seconds of your time to do this. You may at least try.*

Three people in the sitting attempted to extend their consciousness into the room with minimal success. After the first person’s attempt, the Zeta said, “That is satisfactory. It was of course a minor attempt but interesting. You are, to give a comparison, expecting that a child

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in preschool would present a function of a higher university.” After the second person’s attempt, they said, “Ah yes, predominantly a kinetic type energy that you are presenting. You are exerting a physical force, physical as in expanding the physical energies of the body.” After the third person’s attempt, they commented, “Rather than presenting, you were receiving. Not the intended result.” These comments are indicative of how difficult it is to properly present one’s energy to another being.

The Zeta ended with words of advice for those wanting to learn the process.

Zeta: *If you wish to practice with each other outside of the sitting process, understand what you are presenting, think about what you are carrying with you in your energy.*

You must present in stillness if you wish to present your energy, to present from a space of consciousness that is still. Humans are often presenting each other with chaotic energies, what is seen to be at the very lowest level of communication. Calmness and stillness presented, shows balance. In your meditative processes, seek out these states.

5. Why are they here?

Summary. The Zetas' answers to the question, "Why are they here?" are scattered throughout many interviews with them over a number of years. They say their primary purpose is to assist in raising the state of consciousness of the human collective mind. The higher state of consciousness, or love, will facilitate communication between humans and extraterrestrial races.

Many phenomena encountered in physical mediumship séances, parapsychological experiments, as well as anecdotal reports of psychic phenomena, defy explanation in terms of conventional physics or psychology. Even a simple question about why we experience colour has no answer, except that the sensation must be a property of consciousness. The Zeta science discussed in this book assumes there is a primordial source consciousness. The power of conscious intention created all states of existence, including our physical world. The ability of that science to shed light on acknowledged mysterious phenomena is ample reason to take it seriously.

The information discussed in the book was generously shared by the Zetas and it is reasonable to ask why. Why did the Zetas and other

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extraterrestrials (ETs) go out of their way to communicate with us, and why are they in the Earth environment? The usual anthropocentric answer is to suppose that the ETs are only interested in the planet's human and natural resources, and that they are therefore a possible threat to our independence and security. Since there are said to be many ET races visiting Earth, this possibility cannot be excluded entirely. In fact, the Zetas agree that there are other non-human races in the Earth environment who would exploit the human race. However, the Zetas also tell us that we are being supported and protected by other races. They, themselves, are primarily interested in helping us help ourselves so that we can communicate with them more effectively. They want us to overcome what appears to be a natural barrier to communication so that all can benefit.

This natural barrier is a fundamental property of existence as described by the Zeta cosmology. A being is characterized by the state of consciousness that it has achieved, and this state corresponds to its ability to love unconditionally. The state of consciousness or love is like a tuning mechanism in the communication process. Two beings with widely differing states of consciousness have great difficulty communicating. Because the human race has a low state of consciousness compared to the older races around us, communication with these races is inhibited. However, the Zetas said that the human state of consciousness is in the process of changing.

An important element of the human experience that is relevant to this discussion is the role of the astral realm. This realm is discussed in the chapter, *The energetic environment*. It is described as an energetic repository for the thoughts and creative processes of all humans. Many people find it possible to visit the astral realm mentally in dreams or while having out-of-body experiences. Humanity's current “warring state” is reflected in the astral realm, and can make this a rather chaotic experience.

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The astral realm is connected with humanity's conscious processes and is said to be a developing human collective consciousness. The rate of development of the collective consciousness has been slow, but the Zetas say there is a high probability that this will change. It will progress more quickly at some point when it is “*restructured by a single thought, if not a collective thought of one mind.*” This thought will trigger an increase in the collective mind's self-awareness and its state of consciousness or love.

The shift in state of consciousness will eventually lead to acceptance of the human race by the watching ET races. The Zeta said, “*Then, of course, the other races which view you on your daily basis, will actively interact with the collective mind of the human race.*”

How fast the state of the collective mind changes will determine how soon we will be able to communicate with the ET races. A Zeta communicator explains the problem with the collective mind.

Zeta: *The collective mind is in disarray. Much of the anger, many of the violent tendencies, are the collective mind of the race, it is not with love. This undulating mass of thought must be controlled, it is not to be allowed to filter out and touch other races. Any races who are observing the mass in their mind, in focus area, do so knowing that it is for the benefit of a race. It is not a task easily undertaken to project love towards anger, to control what will not be controlled, to hold in your hand a potential of a race. That is why there is work from within and without. Beings who come to this form can only change while they are in this form (underlying laws of a race). Externally, a race may only be held in focus.”*

Zeta: *There is work within and without, humans who are incarnated and races who support the collective consciousness of the humanity. They seek to stabilize the undulating mass of the race, whereas the human's collective mind is an unstable entity, a challenge...*

Zeta: *There is the intent of races, which are here as well in human form. Their intent is very strong, they are not guided by human actions. Humans' development is not just determined by humans.*

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***Zeta:** We are to incarnate as human beings and then to project a stabilizing force into the collective mind of the human race.*

***Zeta:** So you in fact as a race are being supported into your collective consciousness process by many entities.*

***Zeta:** It has been seen that this one race will develop into a higher level of consciousness, it will define the new behavior of the race and then, that will provide an entry point for other races to have physical contact to a larger degree with you as a race.*

The Zetas are confident that the collective mind of the human race will rise to a level that will allow communication with ET races. However, it is still far from the state of organization required. It is strongly affected by negative thoughts and emotions, and the ET races are doing what they can to change that in two ways. First, while in the form of their own race, they project love toward the human collective mind by holding it “in focus.” Second, as described in the chapter, *Incarnation and ascension*, the Zetas are able to incarnate in human physical containers. As much as 30 percent of humanity have a point-of-origin that is not the human spirit realm. In physical human bodies, the Zetas also work with love to raise the state of the human collective consciousness.

***Zeta:** There are many containers whose higher self is not related to the spirit realm entity. We seek them out for the purpose of settling them, providing them with support mechanisms, providing companion entities. They have entered into the suppression process, understanding who they were prior to incarnation, but once moving into the physical existence of this planet, not understanding who they are. Many do not have clarity, and so create a reality that reflects where they have come from, accepting entities that are not truly who they say they are in the hope that they will experience a familiarity with who they were.*

It takes much work to bring the container to fruition, to provide potential so that one may understand self. This is a basic premise that even the human container that has the higher self entity which is

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spirit must understand, the difference between what was, what is, and what will be.

Zeta: *Why have I come? Because others [Zetas] are coming, and we seek to support them in their transition as you move past your current level of consciousness. Other Zetas are here, my task that I have set myself in conjunction with others are the same, is to bring and to find the other Zetas which are not in full consciousness, they do not yet understand capacity.*

The humans not related to spirit realm are assisted by the parent race to overcome the loss of memory concerning their point-of-origin. This amnesia is a normal part of the incarnation process. Although these humans are in the minority, they have a dominant influence on the development of the human collective consciousness.

Zeta: *There is an outcome for the human race, and the mixture of the many beings of the collective human form will design the ultimate micro outcome, but the larger way that the race moves to that point will be determined by a smaller group. All of these are working as a collective entity. Although you think there is no collective process, there actually is. So you in fact as a race are being supported into your collective consciousness process by many entities.*

Further questioning identified the members of this “smaller group” as those humans having an ET point-of-origin. Although it may not be obvious, this group of people are working together to achieve their goal. Their “*higher level of connection back to their point-of-origin*” enables them to have a larger influence on building the human collective consciousness.

The ET races involved in this work are said to be loosely organized in the solar system. Some races have physical matter bodies like we do, while others exist only as energetic constructs.

Zeta: *There is a loosely coordinated group that live within the areas of this solar system. They seek to, as a collective of races, manage what is taking place.*

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Zeta: There are many races who seek to support this planet, and surrounding life forms, they seek to bring changes to life that may be beneficial to a race of beings.

Interviewer: Do these races cooperate in their efforts?

Zeta: Yes

Interviewer: Is there a structure to the body that organizes the cooperation?

Zeta: Yes, the Pleiadians (humans' name) are the facilitating body, the Anunnaki are represented by other races as are we. There are interdimensional and matter races as well.

Interviewer: Why does your race not represent itself?

Zeta: We are technical and do not require voice.

Interviewer: Do you carry out the wishes of the facilitating body?

Zeta: Yes, as do all races, no race is not working in some way for the benefit of all races.

Zeta: The human race has been difficult to manage.

In our conversations, the Zetas alluded to the kind of changes to expect from the shift in the level of consciousness.

Zeta: The collective consciousness of this race is moving on a, I would not say predetermined process, but much of what is happening is already being seen. But, of course, yet we believe a future event will cause matter to become non-matter, my friend.

This statement suggests that our state of matter will change to non-matter, and that this will be triggered by a specific event. It may mean nothing more than that we will acquire the ability to enter a state of separation at will, much like the Zetas do now. They are able to exist in full awareness as a consciousness separated from the physical body. In this energetic state, they create environments with intent at their level of consciousness as discussed in the chapter, *Creation and perception*.

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Those human individuals who have some understanding of what is happening as the collective mind becomes more self-aware, will begin to communicate with ET races. They will become generally more aware of a broader reality that includes telepathic communication and awareness of previous incarnations.

***Zeta:** Many people on your planet who are able to understand the developing consciousness will be able to move into a process of understanding themselves. In this, this will [xxxx to be] new processes with the ability to communicate with each other and also with other races, and this is the point of the shift in consciousness.*

***Zeta:** We understand that a being may wish to have a contact with a few previous lives. This is possible. The true aspect of the self has all of the stored information, but is locked away from the external being who is currently incarnated. Your ascension will unlock a lot of this potential that lays dormant within you.*

***Zeta:** The reason for the increase in consciousness is so that being, changing consciousness for the human contact, ultimately realizes that there are more things outside of its own reality, and that others are able to assist.*

***Zeta:** There are many technologies that you are developing that are based around the natural abilities that you already own, and I will take telepathy as one of those processes. You are able to develop telepathic communications, but you are developing technology to aid the human race to have the ability. Why do you believe that this is so? The easy way out, but who is able to monitor your process if you are able to read each other's minds through technology? Any race, anyone who is in control.*

***Zeta:** The beginning of the collective mind has already begun, but you are to be assisted by a technology. It is seen the, let me explain, it is possible to take a copy of frequency [i.e., state of consciousness] and to map it into an environment which has been termed the synthetic quantum environment. Within this environment, there can be determined probabilities through observation. The observation*

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has been that within 28 of your years, your technology will assimilate you, will support you, will guide you. You choose whether you accept what is to be offered to you.

Zeta: *Your collective mind, in its undulating state, is being prepared for the transition to a telepathic process. You will become more in tune with your innate abilities based on consciousness, and in doing so, you will be able to communicate yourselves much easier. Firstly, you will be offered this on a technological basis. Much of your technology now is aimed at or based on communication with each other, and as this technology is offered to you, and ultimately you can move into connection with each other, the amplified state of thought that you will exist in, will allow you to bypass the technological states, and so will begin the normalization of the collective consciousness of the human mind.*

In the latter three comments, the Zeta predicts that the human collective mind will be supported initially by a technology to facilitate telepathic communication. Their simulation experiments in a synthetic quantum environment indicated that this will happen within 28 years. They warn that technologically assisted telepathy is not desirable, since whoever controls the technology may also control the communicator. Ideally, the technology will merely ease the transition to true telepathic communication without technological assistance. People may choose to opt out of this kind of communication if they wish.

During and after the shift in consciousness, the Zetas see that they have a role to play in helping people understand a reality greater than the human spirit realm.

Zeta: *There are many experiences outside of spirit, many humans are gaining understanding of the collective consciousness of the human race, of frequency. They are seeking to move through other areas than spirit. And so, we seek out the ones which seek to move beyond the framework of the spirit realm thinking.*

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The increase in the state of consciousness of the human collective mind is being facilitated by Zeta activities. The Zetas also encourage active participation by humans who are aware of the information they bring.

***Zeta:** You are given the task of increasing the collective consciousness of the human race, and you are in a situation where you are given access to different types of entities and information. If you are not active in seeking to support others in expanding their consciousness, then you are not a supportive being. A frequency to be in evidence - do you understand what I am saying? It is no point in talking to us if you are not talking to others and keeping it all to yourself.*

The Zeta asks that their information be shared so that unconditional love will grow. Then the state of consciousness of the human collective mind will continue to expand, and all who wish may reap the benefits.

It is clear that the Zetas' purpose is to support the ascension process discussed further in the chapter, *Incarnation and ascension*. Ascension will be a breakthrough in the evolution of the human collective consciousness as it leaps relatively quickly to a higher state of consciousness or love. Those of us who think this is a good thing will be grateful for the assistance given by the ET races. Those who don't will have the freewill to not be a part of it.

6. Disclosure on their terms

Summary. *An interview with a Zeta confirmed the existence of a control system hypothesized by Jacque Vallée (1975). Non-terrestrial beings, humans in positions of authority, and spirit controls in physical mediumship séances regulate the uncertainty about how to explain UFO and physical mediumship phenomena. The uncertainty prevents the fear that would accompany forced acceptance of a radically new worldview. Incremental exposure to uncertain evidence of paranormal phenomena should allow humanity to eventually acknowledge the existence of an energetic realm, and freely choose to accept the implied new understanding of reality. Besides the reduction of fear, the Zetas have the additional objective of telepathic communication among human and extraterrestrial races. For that to happen, humans need to recognize the energetic realms, that love is a creative force, and that a more loving human collective consciousness will allow the telepathic communication.*

Paranormal phenomena are experienced by people in all walks of life. For example, unidentified flying objects (UFOs) are repeatedly seen in the sky. These objects are often thought to be unidentified craft exhibiting impossible flight characteristics. Other paranormal effects are regularly produced in physical mediumship séances. Inexplicable phenomena that occur in the presence of a human medium include levitation of heavy objects, the materialization of

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apports, and materializations of the familiar forms of deceased individuals.

Emotional reactions often ensue following the appearance of such anomalous events. One side of an argument may support acceptable scientific explanations, or may question the observer's sanity, or may insist that a hoax has been perpetrated. The other side may take the view that something magical has occurred for which there currently is no explanation. Because the phenomena cannot be satisfactorily explained, they are disparaged by most scientists and ignored as much as possible. But the failure to explain may lie in the limitations imposed by our current understanding of reality.

Jacques Vallée (1975) suggested that discussions about explanations may be why the inexplicable anomalies occur at all. He proposed that such discussions are encouraged by a control system designed to help us change the myths behind our concept of reality. We are exposed to anomalous events and different ways of explaining them in such a way that a particular level of uncertainty is maintained. Vallée observes that a *“characteristic feature is a constant factor of absurdity that leads to a rejection of the story by the upper layers of the target society and an absorption at a deep unconscious level of the symbols conveyed by the encounter.”* That is, when the available evidence is unsuited to conventional scientific analyses by *the upper layers of the target society* (i.e., institutions like universities), it is assessed intuitively by the individual observers and those who become aware of their reports.

Vallée argues that the inexplicable events are produced by an intelligence of some kind. Obvious candidates are an extraterrestrial race who fly the unidentified craft, and spirits of the deceased who control the events in physical mediumship séances. Our experiences with these events give us opportunities to contemplate unconventional explanations and arrive at a different understanding of reality.

6.1 The Zeta presence

The extraterrestrial Zeta race is a race of physical beings who can also exist “in separation”, i.e., as a consciousness apart from the physical body. The consciousness exists in a disembodied state in a non-physical energetic realm, and may communicate with us through a human medium. They have told us much about the Zeta and human races as documented in this book.

Vallée’s hypothesis of a control system was examined further by asking a Zeta if extraterrestrial races and spirit realm beings were involved in such an operation. The following is the transcript of the discussion about the control system hypothesis.

6.1.1 The interviews

Interviewer: The hypothesis proposes that beings from extraterrestrial races and spirit realm manage human reactions to energetic phenomena like materializations of craft, apports and ectoplasm. The purpose is to control the general perception of proof regarding such phenomena so that there is a desired level of uncertainty in the population. The degree of plausible deniability of unconventional explanations is managed by encouraging conventional explanations by debunkers of the evidence.

The objective of managed plausible deniability is to create conditions that help raise the state of the human collective consciousness. 1) Deniability impedes the buildup of fear which must be avoided. 2) Uncertainty about the evidence encourages each individual human to work out for themselves the nature of reality suggested by the mysterious events. Under these conditions, humans are more likely to recognize the dimension of love as the foundation of existence.

Is it true that the Zeta beings, other races, and spirit realm beings, all work to manage the collective human belief in the non-physical realms for the reason proposed?

Zeta: *Yes.*

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Interviewer: Most Earth governments refuse to acknowledge the existence of extraterrestrial races. Was this official position of governments arranged by Zetas and other races in order to allow plausible deniability in the population?

Zeta: *There is agreement.*

Interviewer: Can you elaborate?

Zeta: *Many of the changes that are being made are made slowly. Once the level of understanding has reached a level where participation in those levels of consciousness is sought by humans, then of course plausible deniability will no longer need to exist. But prior to that, the only way to move through the various stages of levels of filtering of consciousness that is a perception of the human mind, is to continually question what is currently presented to the human race. And so yes, there is agreement between the races and some levels of the government in regards to what should be presented. Because if the governments were to make a statement that the races exist, there would be an automated jump for the consciousness of the human race, but in which direction? Would that be one of fear? Would the human mind entertain the thought of fear? It is healthy to question, healthy for the human psyche to question, to perceive, and to question again, as slowly coming to maturity and understanding, because what is to be presented to a race may not be what has been considered before, but may be something that is completely different.*

Interviewer: Will this management strategy lead to more proof of the existence of energetic realms as the state of the human collective consciousness continues to rise? That is, will greater contact with craft and more conclusive evidence for physical mediumship phenomena be indications that people are becoming more loving?

Zeta: Before loving, is understanding. There are levels to be achieved in consciousness. All of the signs that are given through various aspects of consciousness are guideposts.

In a later interview, the following exchange continued the discussion

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of the control system.

Interviewer: We talked before about the control system that manages the uncertainty that people have about the reality of the non-physical realms. You agreed that the Zeta race was a party to the control system, but the medium finds this hard to accept. Can you confirm that members of the Zeta collective participate in the control system?

Zeta: *There is a release of information. There is a process. We do not see this as a control system. Yes, it is a method of control, but it is not a formal structure that is utilized. It is malleable, it flows, it is able to change. It serves a purpose.*

Interviewer: Does the so-called Zeta abductor race participate in the control system as well?

Zeta: *They do not.*

Interviewer: Are there any races that do not concern themselves with the control system?

Zeta: *There are many races which do not concern themselves with the activities of humans at all.*

Interviewer: If there are races that ignore the control system and do whatever they want to do, is the control system able to compensate?

Zeta: *That is why the control system, at this stage, is malleable. It is not able to completely manage processes. There are points of exchange, points of chaotic exchange.*

We seek only to support a race to a different experience. Once that experience is realized, there is no need for this control structure as you call it, but a less informal structure will be in place. As many humans will not be able to partake of the structure that is to come, their minds will not be able to exist in those states.

6.1.2 Discussion

The interview with the Zeta confirmed that beings in the energetic realms collaborate to maintain an optimal level of uncertainty in the

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human population about their existence. They do this because that level of uncertainty gives people the freedom to deny that the observed “absurdities” violate existing physical laws. A person may choose to remain in denial in order to avoid being in fear. Such denial when in ignorance of the true facts is known as plausible deniability. On the other hand, the uncertainty may also encourage people to consider alternative realities that could explain the inexplicable. So the controlled level of uncertainty, or managed plausible deniability, ensures that people will have the freewill to choose what they want to believe.

For example, a UFO may suddenly appear in the sky and disappear just as suddenly. It reappears and travels at an astonishing velocity and makes impossibly sharp turns. When an observer reports the sighting, many people may offer conventional explanations that avoid the necessity of accepting a new reality. Alternatively, some may believe that the UFO was an extraterrestrial craft with novel capabilities. This result would repeat after each subsequent sighting. Such a gentle, incremental approach prevents a fear response that would be accompanied mainly by thoughts of self-preservation. The Zetas expect that most people will eventually decide for themselves that extraterrestrial races with novel technologies do exist, and that they mean no harm.

Similarly, physical mediumship séances are typically conducted in a way that does not allow objective evidence about spirit energy to be gathered. Plausible reasons are usually given by the medium or the spirit control. For example, we are told that light interferes with spirit energy, although a weak red light is sometimes allowed. In the darkness of the séance room, very few anomalies can be visually confirmed by the sitters. We are also informed that modern scientific instrumentation emits electrical noise that disrupts spirit activity, so physical measurements are rarely permitted.

The problems caused by light and electrical noise may be real, but spirits have been able to deal with them when they occasionally chose to do so. The imposed prohibitions conveniently allow a spirit

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control to maintain a level of uncertainty for the sitters. The prohibitions also provide reasons for preventing formal scientific investigations that would significantly reduce the uncertainty about anomalous physical effects. The level of uncertainty is optimized so that people may wonder but still have plausible deniability. That is, they can accept conventional explanations and choose to reject the concept of the spirit realm if they wish, and fear is avoided.

Vallée (1975) refers to this process of maintaining a particular level of uncertainty as a control system. In an engineering sense, he is correct. However, the words have an unintended connotation when applied to human activity. They suggest that human behaviour is being manipulated in a certain way by outside agencies. People who value their perceived autonomy may immediately see this as a potential violation of their freedom. As explained above, however, the converse is true. The level of uncertainty maintained by the control system actually preserves people's freedom to choose. They are less likely to be forced into the realization that their understanding of reality is wrong.

The Zeta expects humans to eventually raise the level of their collective consciousness so that paranormal phenomena are no longer mysterious. They said, *"Once the level of understanding has reached a level where participation in those levels of consciousness is sought by humans, then of course plausible deniability will no longer need to exist."* A similar idea was expressed by Vallée (1975) when he said, "When this irreversible learning is achieved, the UFO phenomenon may go away entirely. Or it may assume some suitable representation on a human scale. The angels may land downtown." But this acceptance cannot happen quickly without frightening people. Instead, hints of a new reality are given gradually so people have the time to decide for themselves what is true.

In the following segment from another interview, another Zeta being confirmed that their disclosure of the extraterrestrial presence is being withheld so as not to create fear in the population. These comments were made before the issue of a control system was

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addressed.

Interviewer: Is there in the near future a change coming in regards to disclosure?

Zeta: *There have been some complications, yes. Sixty to seventy Earth years of physical contact of governmental structures. The realm of consciousness did not assist the races to interact with the humans. The level of consciousness that humans have did not support contact. And years gone by, the consciousness increases.*

Let me say in regards to disclosure, we will disclose on our terms. May I make a statement without offending you?

Interviewer: Yes.

Zeta: *You are a simple race. We do not wish to put you in fear so we must disclose simply.*

The Zeta commented that they will “*disclose on our terms.*”

Presumably, when the human race as a whole is ready to accept the new reality without fear, the control system will no longer be necessary. But for now, we are susceptible to fear so they will disclose “*simply*”, primarily by exposures of craft in the sky rather than more elaborate exposures involving social and political institutions.

The successful operation of the control system would require the collaboration of governments and opinion makers on Earth. The Zeta affirmed that “*there is agreement between the races and some levels of the government in regards to what should be presented.*” Over the years, official coverups of UFO sightings by government agencies have occurred with the enthusiastic support of the mainstream media.

The extraterrestrial races must have made a compelling case in order for all Earth governments to agree to cooperate. Perhaps it was as the Zeta said, “*If the governments were to make a statement that the races exist, there would be an automated jump for the consciousness*

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of the human race, but in which direction? Would that be one of fear?" The expectation of a fear response might have been overblown, but that was not the only argument in favour of the control system. The Zeta asserted, *"It is healthy to question, healthy for the human psyche to question, to perceive, and to question again, as slowly coming to maturity and understanding."* That is, in the long run it will be better for the human race to discover revolutionary new knowledge by itself. The uncertainty created by the control system would "stir the pot" and help make that happen.

6.2 The Zetas' long view

The release of information controls the fear response of the population. The control system that appears to be in place encourages various conflicting explanations of apparent anomalies. The resulting uncertainty minimizes the fear which might otherwise interfere with our search for explanations.

For the Zetas, the absence of fear is but the first step toward a more ambitious goal. They say they would like to communicate telepathically with humanity, and so we are being asked to tune our consciousness to the proper channel, so to speak. The control system encourages us to try out new ideas and begin to understand how the human race might reach the required state of consciousness. The Zetas have given us broad hints by sharing details of a cosmology based on the energy of a unitary, aware source consciousness existing as a multidimensional "consciousness space."

The Zetas understand that the energy of consciousness space is the essential nature of all that is. They say everything that exists, including our physical universe, is a configuration of this energy. Beings that are facets of this primary consciousness exist in this energetic realm, and have the ability to make changes to their environment. All one needs to be a creator is the intention to create. So all beings have the innate ability to reconfigure consciousness into whatever form they desire.

A way to think about the energy of consciousness space is to use the

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analogy of a waveform. A single waveform is said to represent all that is. Individual objects or beings are components of this waveform. Conversely, individual things integrated with the one waveform are recovered by a being's perceptual process. Perception is the inverse of the creation process and transforms the waveform into separate things for the being's consciousness to experience.

A new creation alters the content of the one waveform. A being operating in the energy of a particular state of consciousness or vibration, "intends" to modify that energy to reflect the intended creation. Then the modified energy is combined with the original energy to create a result analogous to the interference pattern of a hologram. Other beings operating at the same state of vibration can, as an act of perception, reconstruct the creation and share in that reality. A being whose highest vibrational state is lower than the state that created the pattern would not be able to do so. The constraint that low-vibrational beings cannot share the experiences of higher-vibrational beings has a profound effect on the kind of relations that can exist among beings.

The Zeta race and other extraterrestrial races operate at a higher vibrational state than humans do, and this is likely the main reason we are unable to communicate telepathically with them. A telepathic message may be considered a creation to share with others. Those others, of course, must exist at the same or higher vibrational state to perceive the message.

Raising the state of the collective consciousness is a significant challenge for the human race. The difficulty becomes more evident when we learn that the 'states of consciousness' dimension is equivalent to a 'states of love' dimension. Beings who are in similar states of love can communicate telepathically, so the Zetas hope and expect that we will work to raise the state of love of the human collective consciousness.

6.3 Conclusion

The interview with the Zeta confirmed the existence of a control

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system that maintains a level of uncertainty about how to explain UFO and physical mediumship phenomena. Its purpose is to prevent the fear that would probably occur in response to generally accepted, irrefutable evidence of the energetic realms. Without the fear, humanity will be better able to recognize and accept the revolutionary change in worldview that the existence of the energetic realm demands.

The control system is employed jointly by non-terrestrial beings, by humans in positions of authority, and by spirit controls in physical mediumship séances. Besides the reduction of fear, the Zetas have the additional objective of communicating telepathically with the human race. For that to happen, humans need to recognize the energetic realms, that love is a creative force, and that a more loving human collective consciousness will facilitate telepathic communication with extraterrestrial races.

7. Time

The nature of time was occasionally discussed with the extraterrestrial Zeta and Anunnaki races, and we were given a view quite different from what we normally hold. The Zetas reject our concept of time as a dimension that can be quantified on a rational scale like space. Rather, they live in the eternal “now” where they recognize change as a sequence of events, but not localized on a rigid dimension of time. In their words, “*The process of existence is each task is completed and then the next task is moved on to.*”

It is difficult for people in our modern cultures to imagine living without clocks, but the Zetas note that many of Earth's indigenous people do not share our concept of the time process. The Zetas experience time differently than we do, and this is evident in their inability to measure time on an absolute scale.

The medium observed, "In every sitting, the Zeta asks, '*What is the time process?*' to learn how long they have been here according to us." The Zeta asks for an absolute time measurement that they cannot make. They live in the *now* and so they do not measure time relative to a fixed reference point.

The concept of living in the *now* is explored in the following discussion.

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Zeta: *For us, there is nothing but now. If you speak to a race who does not use the process of time, for them, all is now. It is possible to be in separation and be in the now. You have created this illusion for self.*

Interviewer: What can you tell us about how you live without time?

Zeta: *You do not think about breathing, it is a natural occurrence for you as is the no-time phenomenon. Everything you do revolves around a divided day. For us the process of existence is each task is completed and then the next task is moved on to.*

Zeta: *Let go of the time phenomenon, you have indigenous people on the planet that have no concept of the time process. They would understand the seasonal aspects of the coming and going, the multifaceted being, who you are. The energetic portion is not linked to the time process, it's just the physical being. Look to your higher self if you wish to understand the no-time phenomenon. We understand it's a difficult processes, as you live in a time orientated structure.*

Humans invented clock time as a tool for understanding physical existence. A Zeta said, *“Your time, your concept of existence is based on your potential to understand that you are, at this point, living in a physical existence. ... Consciousness does not envelop the understanding of the time principle. Time is used as a mechanism for humans and other races to determine functionality. What function will they provide now? What will they do tomorrow?”*

It is common in the human sciences to employ equations where time is a variable. A Zeta was asked how they would solve a simple problem involving motion without measuring time.

Interviewer: We have a concept of speed which is the distance covered per unit of time, like kilometres per second. Since you do not use a linear time scale like seconds, you would not calculate speed. Suppose your craft is moving in space somewhere, and another craft is also moving at some other location in space. Would

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your craft ever want to intercept the other craft in order to meet physically?

Zeta: *If the potential existed that there was a requirement for a physical interaction, but generally this is not required because the connection can be achieved through consciousness.*

Interviewer: What actions would your craft take to meet the other craft?

Zeta: *The individuals on the craft would communicate effectively with each other to determine if the craft would come together.*

Interviewer: If the craft makes calculations to do this, what would they be?

Zeta: *No, that is a human concept. If we say that magnets or magnetism is consciousness, magnets are drawn to each other. Whether or not they are, or have the desire to, be drawn to each other is irrelevant. Their nature is to come together if two magnets are in proximity to each other. Think of consciousness of a race being of the same type of process. The common consciousness is what is the guiding process, the catalyst, for bringing the craft together if required, to turn one's thought to the other.*

The Zetas appear to use an intuitive process to estimate the relative positions of the craft in space. They would not need physical devices to measure the distance between the craft. The operators of the craft would join their consciousness and “feel” how far apart they were.

In another context, Zeta students would “feel” an intuitive pressure build in consciousness as a lesson approached. *“There is a process that they will be alerted they are required to attend a lesson. The strength of the connection will determine how close the lesson is for them to attend. The amplitude of the lesson indicates when the lesson will be held.”*

The Zeta gave a similar response when asked how they know what time to come to a scheduled meeting with the medium. They said

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“We feel the medium calling us and in energy, we understand that a sequence is coming.”

The Zeta said on another occasion, *“If we wish, we could also use time as a method of measuring our existence. But when you do not have your physical body, all of your experiences here will be part of your existence away from the physical reality.”* The Zeta race could measure time like we do if they found it necessary, but that is not the case when they are so often in separation from the body. They pointed out that humans also do not need time measurements while travelling out-of-the-body.

For the Zetas, *“time is a reference point, not a continuum.”* This means that they have expectations based on what is currently happening. For them, *the process of existence is each task is completed and then the next task is moved on to.* Coming events are not objectively mapped out on a future timeline. The temporal experience consists of observing a sequence of events. They are always in the *now*, but the contents of the *now* are changing in an orderly fashion.

The time-as-sequence concept used by the Zetas is not proof that absolute time does not exist. But linear time might be difficult to conceptualize in a non-spatial energetic environment where only ordinal position in a sequence is recognized.

7.1 A conversation about time

Once in a while, a Zeta being speaking through the medium has a free-wheeling discussion with someone in the room about a certain topic. In one sitting, the interviewer wished to understand how the Zeta beings function without using a rigid timeline like humans do. For the Zetas, *“time is a reference point, not a continuum”*, and *“the process of existence is each task is completed and then the next task is moved on to.”* Events following one another are expected intuitively rather than by measurements on a timeline. The interviewer wished to understand what life is like without the concept of a clock.

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Interviewer: I want to have a discussion with you about the concept of time. As humans, we measure things by time. Things happened in the past, things are happening in this moment. You don't use the concept of time.

Zeta: *Let me explain. The human entity lives within the physical construct on the linear process of time, which means that for you, your perception is that you exist on a line of time. But imagine as in this sphere in front of you [the Zeta referred to a working plasma ball in the room], each one of the threads were consciousness, that rather than the consciousness being one beam of light but was many. Then of course you can move into any area of consciousness because you can move the threads of consciousness. What denotes the point of origin for the threads, if you see the device, is the central point of the device. If the being is the central point of the device, then of course all of the threads would emanate from the being's consciousness.*

Your time, your concept of existence is based on your potential to understand that you are, at this point, living in a physical existence.

Interviewer: So time really only comes with the physical?

Zeta: *Of course. Consciousness does not envelop the understanding of the time principle. Time is used as a mechanism for humans and other races to determine functionality. What function will they provide now? What will they do tomorrow?*

Interviewer: So in saying that, your race is also a physical race.

Zeta: *Yes.*

Interviewer: But you don't use time.

Zeta: *No.*

Interviewer: So how do you function?

Zeta: *Simply, there is no requirement for time if you know that your time is limitless. Why would you watch your time if time was irrelevant to you? If you lived forever, would you care? If you existed forever as a race, knowing that if any of you terminated that you*

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were to come back to the same place, you would understand that the facilities that are offered to you on this planet, the resources, would be cherished by the race, knowing that you are being nurtured to some extent by the planet and its resources. But because there is a finite amount of time that you believe that you exist, your capacity as a race to use resources is great.

Interviewer: If you don't use time, how do you have a reference back to something that happened when you were younger?

Zeta: *Let me use your mind to show you the answer. Imagine if your life existed as a dream, that all of your experiences existed in the dream state, that there was no capacity for you to wake up, that you had no understanding of your physical body, much like when you are asleep. You move from one visualization to the other. There is no time construct within the dream state. That is the closest estimation that we can give you in regards to how we perceive our memories.*

Interviewer: We perceive our memories like a dream state as well.

Zeta: *Ah, but you measure the memory according to your length of years. You mistake that, when you were young, this potential took place, this process took place.*

Interviewer: Yes, do you not do that?

Zeta: *No.*

Interviewer: Even though those things took place.

Zeta: *Ah, because they still exist.*

Interviewer: So you are able to go back to that time?

Zeta: *Yes, you can go back to that time if you understand that you are not limited to the experiences and consciousness you have had because of your physical body.*

Interviewer: I'm able to go back to a time in my mind, but I know that it actually happened along the timeline at a particular point. You are saying that doesn't happen with you. But that would have happened at a particular point in your life as well.

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Zeta: *Yes, but let me try to clarify what is taking place. Let me bring an example forward. We have existed in other forms, so a Zeta consciousness will exist in another human container along the linear time process. But that potential exists within the physical environment. If we wish, we could also use time as a method of measuring our existence. But when you do not have your physical body, all of your experiences here will be part of your existence away from the physical reality.*

Interviewer: Yes, I understand that, as memories and experiences are held in consciousness.

Zeta: *Your questioning may indicate that you seek to believe that you can move back through your consciousness and change a physical outcome.*

Interviewer: Oh, no I was not going there. I actually don't believe that could happen.

Zeta: *The spirit people do not have the concept of time. They have no need for the concept of time. Now, if you were able to separate from your body consciously, your consciousness was to disassociate itself from the physical container, it would recognize within itself it does not have the potential to need time.*

Interviewer: Are you talking about human astral travelling?

Zeta: *Yes.*

Interviewer: So when you astral travel you don't need time?

Zeta: *Yes.*

Interviewer: When you astral travel, can that take you back to a different point of your life?

Zeta: *Let me use this sphere [the plasma ball], I believe it will be used many times. The sphere in the room, you are the central entity. The threads are your experiences. You move in consciousness, not in a linear fashion, but in a spherical fashion. Understand that you do not exist on a line.*

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Interviewer: Yes, and all of these are different experiences.

Zeta: *Yes, and so the consciousness which is you has the potential to move to any of the threads any “time” it wishes.*

Interviewer: So that’s just the consciousness that can do that?

Zeta: *That consciousness is all that is. The physical, which you hold in great importance, is irrelevant. When the physical terminates, you will be the sphere. You already are, but cannot see because of the physical container that you are in and around.*

Interviewer: Even though you yourself are in a physical container...

Zeta: *But we are often in separation from the container.*

Interviewer: Ok, because that’s part of your normal everyday life, isn’t it?

Zeta: *Yes, and that is why the facility of time is irrelevant. The physical body for yourself is a mechanism that you step into in the morning to complete physical functions. At night you step out of your physical body, you do not use the time concept at all while you are asleep.*

Interviewer: As a Zeta, you would have functions that you would be required to perform, teaching for example.

Zeta: *Yes, of course.*

Interviewer: That’s not regulated by time?

Zeta: *No, it is regulated by consciousness. Let me give you an indication, to the best of our ability. There is to be a class, we require the students to attend at the appropriate moment. There is many levels of information. One of the levels of information is indicated to the younger entities. Example, do you really understand what your two children are doing now at school? At this point you do not know what they are doing. That is because the level of information is aimed at the potential that the two exist within their current environment. Of course you trust that they are safe.*

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So there is layers of information. The layers of information are aimed at providing the information required to younger people that are required to go to the school process. You do not access that level. It is irrelevant in some respects to you, but the children know that they must move in that layer to be within the education process.

So, our children are the same. There is a level that they move in. Their understanding is one based in consciousness. They understand that... difficult to say without using the word time... there is a process that they will be alerted they are required to attend a lesson. The strength of the connection will determine how close the lesson is for them to attend. The amplitude of the lesson indicates when the lesson will be held.

Interviewer: What denotes when that is going to happen?

Zeta: *The teacher will determine when that will take place.*

Interviewer: So when the teacher is ready, it just happens.

Zeta: *Yes, of course, and then the lesson may go for a length of time that is required.*

Interviewer: Another reason you don't need time is because of the telepathy between your race, which is the communication.

Zeta: *You could say that the amplitude of the telepathy removes the need for time. So quickly to indicate this, the medium must go to an appointment today, yes? While the appointment is many of your hours away, there is no imperative for the medium to go to the appointment. As the appointment becomes closer, the imperative builds according to your time function, that he has limited time to be at the appointment.*

Change that to a telepathic process. The information is given that you must be somewhere. It is given as a point of reference. It is weak. As the telepathic signal builds its amplitude, when it reaches a certain level, then the students know that they must be at that place. This is how the spirit people operate as well as they do not use time.

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The potential builds around the situation or medium, and the spirit people are summoned by the amplitude of the experience.

Interviewer: The starting point is then the teacher. I asked how does the teacher know what time to do this, and you said whenever they are ready. But there are other factors...

Zeta: *Yes, of course, so I have other functions to perform, as do others in the race. That is why I said there are levels of telepathic communication. Of course the lower levels of communication do not take precedence over the higher levels of communication. That is how it is determined what is of importance. Your time mechanism prioritizes, gives you priority, as to what is important to do.*

Interviewer: So as a teacher, you prioritize, things happen. What if there are so many priorities and the teaching just gets put off and put off, even though you know you have to perform a certain amount of functions?

Zeta: *Ah no, because one of the indicating factors, is that for consciousness to operate synchronously, is that all things are in harmony.*

Your fingers are able to operate on your hand at different aspects. They are able to move in directions they wish to as though they are individual entities. But of course, they are connected to the base of the hand. Why does not the hand do whatever it wishes, as it has the potential to do that? Because it is part of a whole system. The whole system works together to perform various functions. The body is able to perform millions of functions within one second of your timeframe. Neurons are firing to support thought, the electrical systems pumping the blood around your body, the various organs performing different functions to keep the physical body at a cellular level in the re-creation process. Does the body understand time? The body has within it the mechanism to have within its own capacity, its understanding of what is a time, but it has cellular time.

Interviewer: My question to you is, my physical container has a certain amount of priorities throughout the day that have to happen.

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If I have no concept of time ... for example, yourself ... you are teaching, and if the teaching is supposed to take this amount of time, but took twice that amount of time, was longer than it was supposed to, that means that something else in the day either has to be adjusted or not happen in order for all those functions to ...

Zeta: *You see, you are saying in a day, but if the day does not exist, then you do not have the confines of working within the construct of a day. If you did not sleep and your lighting never changed, there would never be a day.*

Interviewer: But you do sleep.

Zeta: *Yes, we have physiological processes which require that, within the estimated timeframe of humans, seven of your days, that we are required to move to stasis.*

Interviewer: And your body is an indicator of when that has to happen?

Zeta: *Yes, it is based on cellular information and, of course, nutritional processes.*

Interviewer: If, for example, you were teaching and you just got carried away and it took longer and longer and longer. Something else has to change.

Zeta: *If there is something that holds importance, education will continue to the end. The other importance, as you say, will be an indication of another that would be communicated to the other telepathically, "I am busy at the moment."*

If I choose to stop what I am doing and remain in a position where I can speak through the medium to you, that is my choice. I have freewill. Do you talk to your family while you perform other functions?

Interviewer: Yes

Zeta: *That is the same.*

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Interviewer: You don't do any leisure activity, but do you have any down time, or is that the time when your consciousness leaves your body about every seven days? And if everything else in your life is not measured by time, is the down time adjusted?

Zeta: *You suppose that there is a requirement to be away from one's self - down time. Your animals, you have a cat and a dog, do they have down time?*

Interviewer: They play.

Zeta: *No, they are actions. Do they have the capacity as humans do, to seek separation from their duties? No, because your animals do not understand time. They also do not understand that they are finite creatures. They have no understanding of their length of existence. They sleep when they wish, they do no function that creates, as the whole planet is the same. The humans are the only ones on the planet that use the time function.*

Interviewer: So the others only exist and their main purpose is to feed themselves, and have emotions, and to sleep, and exist?

Zeta: *They do not know they exist. Your birds and animals, their actions do not have a mirroring effect. They do not see themselves, as a human would, as being temporary. They live in the process of the now.*

Interviewer: We probably are not aware and do not have the capacity to understand whether they know they exist.

Zeta: *No, you do not know that.*

Interviewer: You're saying they don't have that awareness.

Zeta: *They do not have the awareness to understand that they have a temporary lifespan of a physical nature such as yourself.*

Interviewer: Is that because we have evolved?

Zeta: *You have a different evolutionary process, a different genetic structure, and a different level of consciousness.*

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Interviewer: When an animal is dying, surely they would be aware of what was happening. Are you saying that they don't?

Zeta: *They do not.*

Interviewer: So they would only have the awareness of the pain.

Zeta: *Yes, of course. They do not understand, or have the capacity to understand, that they are transitioning. Now, the medium has seen your past pet. That is because the pet does not know that it has transitioned, it did not see...*

Interviewer: But that's the spirit...

Zeta: *No, the spirit people know they have passed over, but the animals see no difference between being in the physical and being out of the physical.*

A long conversation, we will now terminate.

The Zeta said that *frequency* was the word chosen from our vocabulary to refer to the level of consciousness that an entity holds. This word is semantically related to *vibration*, which we already associate with level of consciousness or emotional state in a spiritual sense. The Zetas have often mentioned the resonance of frequencies, and in this interview they agree that this refers to the degree of compatibility of states of consciousness with each other. When one state of consciousness is compatible with another, they are consonant and may resonate. If they are not compatible, they are dissonant and will not resonate. The word *frequency* was selected by the Zeta to best reflect this property of consciousness that is usually outside of our awareness.

As agreed with the Zeta, they will continue to use *frequency* to refer to level of consciousness and we will be aware that it is an analogy. To do otherwise might confuse our understanding of information already given. But we should substitute *level of consciousness* for *frequency* whenever we can. Perhaps *vibration* or *vibrational state*

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could also be used since these suggest feeling or emotional state rather than a physical measurement.

Whether we use *frequency* or *vibration* to refer to level of consciousness, we must be aware that this dimension has an ordinal scale and does not have real-numbered values. That is, a state of consciousness is either less than, the same as, or greater than another state. In the following discussions, we adopt this revised understanding of the meaning of frequency.

7.2 Redefinition of frequency

The Zetas say that the cosmos, including matter, is a dynamic configuration of a conscious energetic entity. For lack of a better word, this entity was characterized as having the property of frequency. All the elements of creation are differentiated in this source energy field by resonations of different frequencies, or their lack of resonance. This characterization presents a major obstacle to our understanding. For us, frequency is defined in terms of units of time (e.g., cycles/sec). However, time is not considered a property of the source energy field by the Zetas, so we clearly do not share the same understanding of frequency. This discrepancy was addressed by the Zetas in an interview, and because of its importance, the relevant discussion is presented in its entirety as follows.

Zeta: *You have asked, how do we know what frequency is when we have no time, as it is a calculation based on a segment of this. Frequency is defined by us by the level of consciousness that an entity holds, and so as you move from one frequency to the other, your consciousness is placed in an expected state. No numerical values are able to be given to what frequencies exist between us and your realm. ... Now, before us, one's consciousness defines the frequency, we have only ever used that word as a comparative process to try to give some meaning to the difference and to provide some comparison between your race and ours. Do you understand what I am saying?*

Interviewer: Yes, thank you, I have a question to follow-up though.

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Zeta: *Yes, of course, I was being pressed by other Zetas to answer your question because they felt that it was important.*

Interviewer: Yes, I think it is fundamental and that is why I raised it. So when you talk about frequency, you are using the term as an analogy for another process. But it actually increases the confusion, I think, for humans who have a definite understanding of what frequency is. You also increase that confusion by talking about resonance, because we would understand two different frequencies as resonating or being in harmony or not, and that reinforces our idea of what frequency is.

Zeta: *That is because you live in a frame-based thought process. If every time I spoke to you and I only spoke of consciousness, consciousness being in harmony, then you would not understand what I was speaking to you about. So we have come up with a very obviously impractical way of speaking to you in regards to the frequency process. We understand that your time segmentation process allows you to calculate accurately between frequencies. It is like comparing two incomparable processes, and so we have adopted your language to try to create some understanding between us.*

Interviewer: So that means that two different levels of consciousness can be more or less compatible with each other and that's what you mean by resonance?

Zeta: *Yes, of course, and now we will always speak to you in that level rather than using your understanding of frequency.*

Interviewer: I guess we should keep that because you've used the term in a number of different places.

Zeta: *Would you like to keep the standard discussion process as it is used?*

Interviewer: Yes, I think so, now that I understand ...

Zeta: *Well then we will concur with that. I will explain to you that myself and another entity would be in consciousness, but a different*

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consciousness, and so the frequency between us would be different, because the consciousness would either be of an expanded or contracted nature. But when I make that statement, that gives you no indication as to what is the mathematical basis of consciousness for the standard way of calculating the consciousness, whereas when we first met the human we were able to say that generally the cyclic rate of the etheric body was 8 cycles per second according to the ticking of the clock within the room. This is a highly inaccurate process that we have allowed ourselves to become part of, but if we are to communicate with humans, we must adopt some of your thought patterns.

Interviewer: Ok, this gives me permission to think about frequency as an analogy then.

Zeta: *Yes, thank you, I think it is time for us to move past the very rudimentary understanding of what is.*

8. Timelines

Summary. *The Zeta cosmology includes uncountable timelines that are part of the process of a spirit incarnating from the spirit realm. The timelines are distinguished by their states of consciousness. Physical processes cannot be exchanged between timelines, but a local consciousness may become aware of events on another timeline. This accounts for the occurrence of the 'deja vu' phenomenon. The Zeta beings are able to study the human use of multiple timelines in experiments that simulate the process. They also have technology for opening and closing portals between timelines.*

The Zetas informed us that an advanced race of beings, known as Hyperversals to some humans, were responsible for creating countless numbers of timelines for beings to experience as a physical existence.

Zeta: *The Hyperversals, when creating the nucleus of the Multiverse, split the form, the initial creative potential of this entity, into fragments - something like a stream. This stream of matter became the Multiverse. When the first process of time began, it was then segmented into various streams. This is not a synchronous process.*

Zeta: *We believe that the source energy has created multiple*

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timelines and existences and dimensional processes for the ability to understand self; it is learning from facets of existence. We are all connected to each other on all levels. The source entity has become a complete entity; there is a continual journey for all energies.

In that quote, the Zeta acknowledges the existence of multiple timelines created by “source energy.” Yet, a being on a timeline is still thought to exist in the “now.”

Zeta: *You think of time as you would a watch ticking. The reality is that time is a reference point, not a continuum. Just because on your planet you perceive a cyclic process, does not mean time exists.*

So a timeline may be thought of as a sequence of events to be experienced by a being in its subjective “now.”

The created timelines exist as constructs where source consciousness can have experiences and come to understand itself. Humans think of time as an objective dimension segmented into units such as seconds, minutes, hours, days, etc. Instead, the Zeta suggested that we should “*imagine that everything is encapsulated within a tubular form, that you are a conduit. No matter how hard you try, you cannot influence the other conduits, else there would be chaos.*” Our “now” is defined as a cross-section of only that conduit.

It is impossible for us to move physically from one timeline to another. However, consciousness can focus on more than one timeline. Consciousness existed before the timelines came into being, and so it is possible for a person to become aware of an event on another timeline. A Zeta explained that timelines exist as different states of consciousness, and humans make particular use of the timelines in their incarnation processes.

Zeta: *The timelines are ... not segmented by your time process. They are based on dimensional aspects and frequency. So when the discussion of a timeline is due, there is a deception that they are a segment related to each of the incarnations. But what is taking place is that you are in operation in frequency, and depending on frequency will depend on the type of interaction that you will have*

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with your perceived reality.

The Zeta emphasized that each timeline exists “*in frequency*”, meaning that each exists as a unique state of consciousness or vibration. They also explained that “*humans are facets of consciousness made up of infinite shards or threads.*” So when a spirit chooses to incarnate in a physical body, many similar versions of itself are born into as many timelines. The threads differ with respect to their state of consciousness which matches that of the timelines. The spirit may then experience physical existence under the influence of the many states of consciousness offered by the different timelines. The Zeta commented, “*This reality is an illusion. The consciousness of the spirit people is able to exist in many rooms, all believing that they are existing within the same environment.*”

The progression of the lives on the timelines should vary widely, since the different states of consciousness would undoubtedly be associated with different choices. So some timelines are very different from others and some might be quite similar. The Zeta explained that similar timelines account for the experience of *deja vu*.

Zeta: *The possibility of multiple existences for you is a reality. Many of the existences, of living in that timeline, is of a non-synchronous process. Often you are moved energetically from the physical and phase shift into another timeline, depending on the relative distance of.... Words now fail us...*

Imagine that there is a running track and each being that are to run, are on the starting positions and “are you.” You are all instances of the runners. You all start running. At some point some catch up with the other of you, and at other points some of you are running faster than others. So if each runner is on a timeline, as each comes closer to the other, you sense and perceive you have in some way experienced a process before. Consciousness is not encapsulated in the physical body, consciousness is able to be spread across many existences, so when you come across a non-synchronous time, separation only exists in consciousness.

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In other words, although timelines are asynchronous, a sequence of events playing out on one timeline may slightly lag a similar sequence on another timeline. According to the Zeta, consciousness can detect when this happens, since awareness is not restricted to a particular physical timeline. The local consciousness of the physical being on the lagging timeline may notice the similarity and puzzle why the *deja vu* event seems so familiar. The Zeta explained, *“As you change frequency you move closer to the other parallel timeline, the existence that you as a faceted person have possibly experienced before, and that way you sense reality that you have never encountered before, but it is familiar to you.”*

When asked if it were possible to see into the other timeline, the Zeta replied, *“Yes, through consciousness, of course, through controlling the process to understanding the mechanics.”* This suggests that voluntarily seeing across timelines can be learned, as well as happening spontaneously as *deja vu*. The Zeta indicated that it is possible to travel between one timeline and another, since *“the current timeline is one of frequency, the other timelines are also the same.”* They suggested that transferring one’s consciousness from one timeline to another should be possible as indicated by the following comment.

Zeta: *You are travelling along a thread, and so the other threads, the other existences that you hold are also travelling in parallel. Now, for you to leave this timeline and to move to another timeline, the point of entry is relevant because when you leave this timeline, you no longer exist. You would only have existed up to the point that you left. So to enter into another timeline, you must enter into what is seen to be a point which would not interfere with the other parallel you.*

The Zetas have a theoretical rather than practical knowledge of timelines because the race participates in only one timeline process. According to the following comments, what they know is based on studies of a model of the human process in a synthetic quantum environment or SQE. These simulation experiments give

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probabilities that certain effects will occur.

Zeta: *There is also the ability of many races to create a mirror image of a current timeline [i.e., the SQE simulation], and then place functions within the timeline to understand the perceived probability.*

Zeta: *Much of the discussion we are having is based on theoretical models that we have discussed with others amongst our race. There is no guarantee that what is said on this subject is known to be a truth.*

Zeta: *Now for us, we exist on one thread, one infinite thread as you do. This does not mean that we cannot study the other threads. We have our own technological processes such as the quantum environments where we are able to take imagery of each of the chosen timelines, and then we can study the probabilities. But we only view probabilities, that is true.*

Interviewer: Is one of the reasons a Zeta may wish to be incarnated in a human container the possibility that they can experience the existence of multiple timelines?

Zeta: *The collective consciousness of the race is based on multiple frequencies. Now, if you as a Zeta entity are in operation within one of those frequencies, if you were to incarnate, as you say, into a container, the timeline that you incarnate to ... the real issue is, my friend, that the time lines are not what you believe them to be. They are not segmented by your time process. They are based on dimensional aspects and frequency. What is taking place is that you are in operation in frequency, and depending on frequency will depend on the type of interaction that you will have with your perceived reality.*

The Zeta says that the ability to enter a timeline depends on one's compatibility with the timeline's frequency or state of consciousness. It is not a matter of simply choosing a timeline. The Zetas "are in operation within one of those frequencies" and so have a particular state of consciousness that restricts them to our timeline.

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Humans, however, have access to many more timelines according to a theoretical model of existence for all entities in the spirit realm construct.

***Zeta:** The theoretical model of existence states that a human would be a level of consciousness that is partially based in the oversoul process, and so it could exist in infinite realities in the same time, because the oversoul has separated itself into many forms, and thus existing in many physical manifestations you understand, and these are called timelines. But for us, our consciousness is not seen as the oversoul process, so there is no theoretical model required for placing ourselves into the separate timelines I explained.*

That is, the oversoul process provides the many soul facets that can be assigned to multiple timelines. Spirits in spirit realm that choose to incarnate as humans are part of this process. However, the Zetas' consciousness is not organized the same way, and so the Zeta race is able to use only the one timeline.

Our immediate impulse is to see ourselves as having multiple existences on many timelines, but this is not correct. The Zeta counters this impression with the following comment.

***Zeta:** As has been stated by us many times, the function of time or timelines is that it exists only for the observer, and so the observer, no matter where they are observing from, sees that point as the now. And so to believe that they are multiple humans on any timeline, that does not accurately describe how humans view themselves in a timeline process.*

This comment indicates that the result of the timeline process does not come from multiple individual humans, each with a unique experience on a their own timeline. Rather, only one observer views the incarnation process, and it simultaneously experiences many perspectives. However difficult it may be for us to comprehend, the sequences of experiences in the many states of consciousness all converge to one sequence of observations in the now.

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8.1 Zeta experience of one timeline

In the chapter, *Incarnation and ascension*, we learned that a Zeta may choose to incarnate in a human container. However, as mentioned above, they can do so only on this one timeline. They do not simultaneously experience many timelines like spirit realm entities do when they incarnate. The following are interview segments where questions were answered about the Zetas' use of the timeline.

Interviewer: Have you talked about how the Zeta race came into being before?

Zeta: *A facet of one race existing on many other forms of existence not related to timelines, produce a race to exist on one timeline function.*

Interviewer: Could you explain a bit further?

Zeta: *And so, interdimensional races are creating matter, creating consciousness to exist in matter on one timeline for the purpose of experience. Information from the race to move back to the interdimensional race called the Blue Beings, the creators of the race.*

Interviewer: If this timeline was not the best timeline, would you be able to change to another?

Zeta: *No, it has been determined by the creator races that this is the best possible timeline. It is the intermediate frequency, the middle frequency. The middle frequency provides the most experience, because from the middle, other frequencies are more widely spaced.*

Interviewer: Are you meant to reconnect to the Blue Beings?

Zeta: *They are guides.*

Interviewer: Every Zeta coming here for experience, do you choose what time and place and circumstances you come to?

Zeta: *Yes of course.*

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Interviewer: So you do choose a particular timeline for a reason?

Zeta: *No, we choose a particular time which is now, and so if I wish to incarnate as a human in a thousand years time, that is now.*

Interviewer: Why is one particular timeline chosen over all the others?

Zeta: *That presupposes that the theoretical model is in operation and that the spirit densities of the human population are existing in infinite manners. We have chosen this timeline, this experience, this existence because it is the one that we are in.*

Interviewer: There has to be a purpose or a reason why you chose this planet...

Zeta: *...because we exist in this timeline.*

Interviewer: Ok, so the next incarnation that a Zeta were doing, and you would pick a point...

Zeta: *...only on this timeline. This timeline exists because of this physical universe. If I was to exist in a theoretical different timeline, I would exist in another universe, but the collective mind of the race exists now.*

Interviewer: What is behind the decision for the choice of a different universe or the now over the timeline for a zeta to come here?

Zeta: *There is never a choice to move to another universe, another existence. That would mean a disassociation of the collective mind.*

Interviewer: When it's time for you to have your experience, is it just for the experience or will you be coming here in a particular timeframe for a reason.

Zeta: *There is always a reason, but I will not be disclosing that.*

Interviewer: So there is a reason for choosing a particular timeline...

Zeta: *...a particular point on the timeline. Do not confuse the different existences.*

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Interviewer: So you would choose this particular point, but you would have a reason for choosing that point.

Zeta: *Yes.*

8.2 Human experience of multiple timelines

As mentioned in the chapter, *About the Zeta race*, the universe was created in consciousness space as a multiverse with multiple asynchronous timelines. A Zeta said of the timelines, “*They exist in frequency*”, and so they are differentiated by their vibrational states.

Zeta: *You can perceive a timeline as using your imagination process. We will say that if you start from a very small or low frequency, that is the outer edge of the timeline. As the frequency increases and the amplitude increases to its significant point, that is where you exist on your linear timeframe. And of course, then as the frequency or the amplitude decreases to the outer edge, it goes back to its original state much like a wave.*

According to the Zeta, each timeline covers a range of vibrational states, with the maximum energy in the middle of the range and minima at the edges.

Zeta: *We believe that the source energy has created multiple timelines and existences and dimensional processes for the ability to understand self; it is learning from facets of existence. We are all connected to each other on all levels. The source entity has become a complete entity; there is a continual journey for all energies.*

Humans make use of the multiple timelines to maximize experience in the reincarnation process. During each incarnation, a spirit entity has experiences on many timelines, each having a different vibrational state. The spirit occupies a different physical container or body on each timeline, each restricted to its own timeline as indicated in the following comment.

Zeta: *Imagine that everything is encapsulated within a tubular form, that you are a conduit. No matter how hard you try, you cannot influence the other conduits, else there would be chaos.*

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A timeline is imagined as a tube containing a sequence of physical objects and events. The physical container of the spirit cannot escape the tube.

Zeta: *The timelines are not segmented by your time process. They are based on dimensional aspects and frequency. ... What is taking place is that you are in operation in frequency, and depending on frequency will depend on the type of interaction that you will have with your perceived reality.*

The Zeta emphasized that a rigid time segmentation like seconds or hours is not a property of the timeline. It is something invented by the inhabitants of the timeline. However, vibrational state is a property, as are other “*dimensional aspects*.” Perhaps the latter determine the many basic constants that have been measured in our physical reality; for example, the properties of particles like their mass and electric charge.

A Zeta was asked if it were possible for a person on one timeline to experience another timeline. They replied, “*Yes, through consciousness, of course, through controlling the process to understanding the mechanics.*” So a spirit being’s consciousness is not restricted to one timeline. It is possible to move between one timeline and another in consciousness, since “*the current timeline is one of frequency, the other timelines are also the same.*” In a dream state, for example, one’s consciousness may shift to the vibrational state of a different timeline. The dream may then portray the dreamer having different life experiences, perhaps with common significant features such as the same family members.

But there are ramifications if one’s consciousness were to move from one timeline to another. The Zeta was asked if a human could focus awareness on a timeline where there was no war, for example.

Zeta: *Now, each of the timelines have imperceptible connectivity of frequency between each one. But for a human to move to a state of a non-war and peaceful environment would require that the human*

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traverse each of those individual timelines seeking the other existence.

Now generally, you may move to the closest proximity of consciousness within the timeline process. To travel from this timeline to another, to another, to infinite or non-infinite timelines, would ultimately require you to have abilities that within your physical environment you do not perceive that you have.

This timeline holds within its capacity to keep your consciousness, your mental state, in a state of normality. As you move out of this construct, you will find that you will become disorientated, not just from the point of a local consciousness, but from that point of being integrated as a form living on this timeline. Once that takes place, you would be seen to become unstable. And so yes, many of the humans that are now incarcerated may have at one stage moved beyond the boundaries of this linear timeline.

The amplitudes of the vibrations within a timeline are very low at the boundaries, and so it would be difficult for a person to enter vibrational states near the boundaries. But if someone were nevertheless able to cross a boundary and enter nearby timelines, the person's psyche would become disoriented and perhaps become permanently disabled.

The Zeta also pointed to possible undesirable consequences when entering other timelines. In the following comment, they wondered what would happen if the consciousness of a human entered a timeline where the physical container no longer existed. And what if the person in the new timeline had knowledge required there that the incoming consciousness did not have? How would the person be able to cope?

Zeta: *And of course there are the unintended consequences that exist if you move to a timeline where you no longer exist. Then what is the potential. Do you now no longer exist on the original timeline because you have experienced transition? There are many concerns, many questions about consciousness traversing timelines. You may*

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be educated in something that was unknown, and now you must fully metabolize that information.

A Zeta attributed the phenomenon of *déjà vu* to our ability to be aware of events in adjacent timelines. This is a feeling people may have that a certain experience has already occurred when it clearly has not.

Zeta: *The possibility of multiple existences for you is a reality. Many of the existences, of living in that timeline, is of a non-synchronous process. Often you are moved energetically from the physical and phase shift into another timeline, depending on the relative distance of.... Words now fail us...*

Imagine that there is a running track and each being that are to run, are on the starting positions and “are you”, you are all instances of the runners.

You all start running. At some point some catch up with the other of you, and at other points some of you are running faster than others. So if each runner is on a timeline, as each comes closer to the other, you sense and perceive you have in some way experienced a process before.

Consciousness is not encapsulated in the physical body, consciousness is able to be spread across many existences, so when you come across a non-synchronous time, separation only exists in consciousness.

8.3 Modification of a timeline

A Zeta said it is possible to modify the contents of a timeline under certain conditions. In Hamden (2012), they explained to a group of people in the séance room the procedure they use to modify the physical environment. They said, *"What you see now is created in the future. As you move forward into the resonance, you are partaking of the created resonance. We are ahead of the group, creating and manifesting energies and communication processes, so that in the physical, when the group arrives at that point in a time*

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reference, the manifestation is then realized ... we create all of this imagery, all of this energy, by the pure thought process.

We create with intent as a collective; we come to an agreement regarding what will be allowed to be manifested, for the greatest and highest good. We have an overseer who comes and sits to view the process. We are trusted; all beings need a guidance of sorts. There is, of course, an underlying meaning to all of this, one of ascension for the physical race of beings that you are."

The Zeta said they are collectively "*creating and manifesting energies and communication processes ... by the pure thought process*" ahead of where the group is in the Zetas' subjective time. They appear to alter successive slices of physical reality, perhaps by changing the contents of the etheric realm using the creative process. The people in the room then "*move forward into the resonance*" as they transform into physical reality what the Zetas have created.

The described process suggests an analogy with the transformation process implied by the hologram concept. The hologram would be a representation analogous to an interference pattern placed in the grid by the Zetas' creation process. Such patterns are known to the Zetas as 'quanta'. The quanta are then transformed by the perceptual process to "*the created resonance*", which is the image created from the quanta. The physical/etheric senses of the people in the room are stimulated and sensations are created as appropriate consciousness potentials are activated by each person's perceptual process. The hologram and the created physical resonance are different ways of referring to the same information.

The insertion of new information into the time stream is not taken lightly since approval by an overseer is required. One of the overseer's responsibilities is "*to make sure vibrational alignment is in place for the joining of the grid. We are coming to a place in the near future where the grid will be used powerfully and we will be visiting these groups [i.e., groups working on a planetary scale] to make sure the energy that has been born is correct.*" The overseer has an agenda that includes ensuring that changes to the grid do not

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interfere with the desired maturation of the human collective consciousness.

8.4 Interference with timelines

The Zetas agreed that individual humans might be able to transfer their personal awareness to another timeline by learning to change their frequency or state of consciousness to approach that of the other timeline. It also appears to be possible to create portals that allow entities to cross such timeline boundaries. These matters were discussed with beings from both the Zeta and the Anunnaki races.

8.4.1 A vision of timeline changes

The following discourse on timelines was given by the Anunnaki being who also came to speak through the medium. As we have seen, timelines are distinguished by their vibrational states, and the Anunnaki used colour effectively to describe the panorama of many timelines. Colour has been used by the Zetas as well to distinguish among states of consciousness. Here, the Anunnaki discusses limitations on intrusive changes to a timeline.

Timeline issues can be significant, a change may be made to a flow of time, many threads, many colours flowing through the universes, as a combined force.

When an entity from another timeline interferes with this timeline, the colour of the thread changes and the process changes, but all of the threads are continuous.

So it's like pushing your finger into your hand and the colour changes, once released it returns to normal.

Once the colour has returned to the flow of the multithreaded timeline, what was perceived as a change reverts back to the original timeline.

What is to take place will take place. An internal change to a timeline is never successful, but a non-synchronous time line is of a separate nature, and perceives only one timeline to exist in this

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universe, so it has its own timeline. Once a timeline is split, it rejoins.

Now here is the point. If you are part of a flow of time, if the change was made in advance of the sitting process, and you move into the change, then that change to the time line would affect you. But it would be a requirement the change would need to be relatively close to your coming to it. For example, if you are sitting at six, and it's five now, and an entity changes the timeline, the change may be enough as you move into the six PM process. You may move to a new paradigm and will be affected, but the change would need to be made close to you. If the change is made well away from you, by the time you arrived, the change would be reversed.

The timeline is self-healing because it all flows from within itself, all of the universes in one harmonious flow, a very beautiful thing to behold.

8.4.2 A discussion of timeline portals

The Zetas explained that “source consciousness has within it definitive barriers and boundaries for what may exist”, and that “between each boundary or realm as you would say, there are delineating frequencies that are conjoining.” What are these boundaries and can they be crossed? We learned that boundaries in the energetic realms experienced by a being are illusory. Whether they exist or not depends on the being’s state of consciousness. A Zeta says, “if you were to leave your body and come on a journey with me, I could take you to many dimensions, many races, many realities, many places, because there are no boundaries, and consciousness is playing a game of illusion with itself.” Clearly, this Zeta has learned to be in a state of existence where there are no boundaries.

The Zetas use the analogy of tubes of etheric energy to describe timelines. The walls of the tubes are physically impenetrable and can only be crossed by a being when it adjusts its state of consciousness appropriately. Some beings like the Zetas have developed the skills

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to construct a portal across boundaries dividing regions. For example, the medium, Paul Hamden, once remarked during a conversation, “They just appeared in the room again, a small white vortex about 6 inches across.” To him, this was an indication that one or more Zetas were interested in joining the conversation. The vortex was symbolic of a portal into our relatively low state of consciousness as suggested by the following comment.

Zeta: *We believe that many humans think that a vortex is a funnel-type device, but generally, it is a descriptive process that is utilized to give an understanding of a process. And now, it would be more accurate to state that what exists between frequencies is an intermediate layer of a connectivity between the two which allows a crossing over or a crossing between the formations.*

And so let me explain. If this is a room, there is a room on the other side of that wall. If a door is placed in between the rooms, then we may enter through the door from one room to another, and so that would be the vortex process.

The Zetas have a technology for opening and closing portals, which is described in the chapter, *Instruments to control etheric energy*. As indicated in the following comment, the technology creates a bridge between two constructs having different frequencies or states of consciousness.

Zeta: *The frequency of this area compared to the frequency of where we are, these are different. The intermediate process is one which establishes a connection that allows transference between the areas of frequency, a stepping down from one frequency to another.*

8.4.3 The opened portal at Wallacia

During a sitting at the Wallacia Development Centre near Sydney, Australia, a portal was opened by an uninvited visitor from elsewhere. This portal appeared to originate from another timeline. Timelines are distinguished by their vibrational states, and enabling the transition from one state to another is the function of a portal. The event was discussed in the following interview segment.

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Interviewer: Who opened the portal from the other timeline at the public sitting at Wallacia?

Zeta: *The feature of the portal process was that beings from a different timeline were to open access to this dimensional process to disrupt the timeline.*

Interviewer: If time doesn't exist, how is that possible?

Zeta: *The clock, the ticking does not exist, time does not exist, so what exists is what takes place, so if this is changed... How to explain this... Imagine your life in a long tube – horizontally. You stand up and view the tube, and see yourself performing certain functions in the now. As now you are viewing this, you go to another part of the tube and see a child in the now. It is from the point of the observer as to what is the now. So a statement such as “all things are now” is possible. If the process is interfered with and is changed, then many things will be altered in the now.*

Interviewer: Are you saying the timeline has been interfered with?

Zeta: *Yes, this non-synchronous time has been altered. Humans who have access to races have changed certain points using many things.*

Interviewer: So if they are trying to move to this time frame, are they trying to change “now” or make more changes?

Zeta: *There is a natural order in all things. Even change has a unpredictable process in regards to what a entity would believe is an outcome. No one is able to predict what is the outcome.*

We have seen one possible outcome. Even observing something taking place, changes what is taking place, so the act of observation makes change. Free will exists, right up to the point where it does not exist. Humans believe they are making decisions based on freewill.

Interviewer: But isn't higher self in charge of all things?

Zeta: *Higher self seeks experience. The human mind cannot understand this concept. All facets of higher self are split between*

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existences. All of the existences make up the group soul process.

This is why, when one entity transitions to a spirit realm, it does not understand the other lives or facets it is living, unless they have a connection. Many timelines, many spirit realms, all connected - but whether a portion of self can access itself in other timelines is another question.

Interviewer: What would have been a consequence of a human being taken through a portal not of their own volition?

Zeta: *Each timeline holds its own frequency. If a being from another timeline is brought through to another timeline, then the timeline will change. Your circle is a technology, not a spirit circle, although spirit can speak in some circumstances. They desired the physical signature on a separate timeline. Any time a level of energy is increased and recognized, with the proper technology a doorway can be opened.*

Interestingly, the unexpected opening of a portal at Wallacia was instigated by humans who are also in contact with extraterrestrial races. According to the Zeta, they were after technology involved in the medium's communication with the Zetas. This technology was manifested as the circle, and it was their intention to determine its signature in order to implement something similar on the other timeline.

9. The energetic environment

Summary. The nature of reality is discussed with the help of information obtained from extraterrestrial teachers speaking through a medium. The basic premise is that everything is energy. This is consistent with our understanding of the material world, but a much larger reality exists in a non-physical environment. In this energetic environment, objects and entities, including our etheric bodies, appear to exist as variations in the state of consciousness and the ability of different states of consciousness to resonate. A holographic framework is proposed to account for experiences of consciousness in the energetic domain.

Besides our physical universe, there are other realms that exist in the non-physical energy of consciousness. Paul Hamden has developed a direct connection for communication with a number of extraterrestrial beings, predominantly several of the Zeta race and one of the Anunnaki race. These beings are able to answer questions about the nature of reality.

Like most physical and mental mediums, Paul lends his body to an entity who then uses his vocal apparatus to interact with sitters. In one conversation, a Zeta said, “*I am here, my friend, but how am I here?*” The sitter replied, “You are here in your energetic body?” The

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Zeta responded, *“I am here in my thought processes, my friend, and so I move my consciousness to the consciousness of the being and am able to speak through him now.”*

There is said to be a place called the astral realm in the energetic environment that is experienced as physical but is accessible via the mind. We find our way there by such methods as astral projection, meditation, dreaming, and even dying. People experienced in the occult traditions have described the region as a number of layers with different properties. The constructs experienced in that environment are thought to be created by mental activity.

The energetic environment underlies the physical universe in which we exist. Realms in the energetic environment such as the astral and spirit realms are also experienced as physical places and can be altered by intentions. This article addresses the properties of the energetic environment in general, the astral and spirit realms in particular, as well as aspects of the human etheric body.

The extraterrestrials who communicate via Paul Hamden are generally not very interested in the astral or spirit realms since these are relevant mostly to the human experience. But when prompted, they have shared some information with us. The information helps to understand the origin, nature, and purpose of these realms.

Comments from extraterrestrials in the following sections give us some understanding of the fundamental properties of the energetic environment.

Pleiadian: *Everything is energy.*

Anunnaki: *There is no real separation except by frequency.*

Anunnaki: *Many energies “form” the etheric boundaries that spirit beings exist in.*

Interviewer: Our concept of form is an artifact of our 3D existence, is that right?

Zeta: *In this one universe, yes.*

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Zeta: *There are realms within realms, dimensions within dimension, and inter-dimensions within dimensions, all is inside everything else. This sounds confusing, but if you view this as analogy as being a waveform and each dimension is vibrating at a different level, then you can understand that everything is one and everything of the whole. There is no true separation between realms and universal nature. It is possible to travel across all of these barriers that are perceived in your mind, once you have moved yourself to a place of understanding that there are no barriers.*

Zeta: *When we are in communion with energies who are of different waveform nature, we are taught different ways to interact with beings in realms that we have no access to yet. Just as you would go to a teacher and learn a new skill.*

Interviewer: What are the average frequencies of the human and Zeta etheric bodies in cycles/sec?

Zeta: *The base frequency for Zeta is 10 cycles at a level where an entity is not requiring a separated level of consciousness. But there are other levels of frequency, 16 would be where a being would be in separation from self for a short time, 32 cycles is required to be in a permanent cycle of separation. We have seen that humans are between 7 and 8 cycles, some lower, some higher, depending on the frequency a human holds.*

Zeta: *Your etheric body is a resonating form of energy. It is able to on many frequencies understand emotions, energies, interchange of energy, and matter to energy.*

Interviewer: Based on what you have said before, energy is defined by vibrational states. What property of energy determines when someone is vibrationally aligned with someone else?

Zeta: *As the words do not exist to formulate the correct response, the only words that we are able to come up with are in regards to words that you would understand being frequency, energy, and resonance.*

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Frequency, energy, resonation – these are the properties that determine when one energy structure is aligned with another. *Frequency* we understand as rate of oscillation, *energy* may be interpreted as intensity, and we may understand *resonation* as “the state of corresponding closely or harmoniously.”

More recently, as discussed in the chapter, *Time*, we learned that *frequency* is used by the Zetas as an analogy for state of consciousness. It should not be thought of as a real number, but rather a ranking on an ordinal scale representing states of consciousness.

The Zetas say that everything, including the observer, exists as patterns of energy. Further, realm boundaries in a multidimensional energetic environment exist as a function of frequency. This implies that an observer's freedom of movement depends on the compatibility of his/her frequencies with the frequencies of the surrounding environment. An entity can enter a region when its frequencies resonate with that of the region. Conversely, the edge of a region may be said to form a barrier when its frequencies do not resonate with the entity. Such regions of impenetrability would form the boundaries of a realm as long as its inhabitants are unable to resonate with the energy of the boundary. According to the Zeta, it is theoretically possible for entities to find a frequency or state of consciousness that resonates with all regions of the energetic realm so that no barriers exist anywhere.

Discussions about realms sometimes leave the impression that they are areas with well-defined boundaries. However, we can now see that the separations between realms are more apparent than real. The boundaries are not fixed, but are defined by an entity's inability to resonate with the encountered energy. So as an entity's energies evolve, so may the realm boundaries.

The Zeta's answers to our questions suggest that frequency and resonation can be considered in four interrelated contexts – the form of objects, the etheric body, consciousness, and connection for communication. The following items were extracted from the

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transcripts of the conversations in order to grasp the role of frequency and resonance in these four areas. The casual reader may wish to bypass the quotes from the transcript and go directly to the following discussion sections.

9.1 Objects

Zeta: *I think we need to start with basic concepts.*

Interviewer: Yes, you're right, and one basic concept is resonance.

Zeta: *Now, at some point, you are resonating my friend.*

Interviewer: What am I resonating with?

Zeta: *You are resonating my friend, you have a resonance too. Some would say that that is your frequency.*

Interviewer: They're not the same though, are they?

Zeta: *Only when frequencies are conjoined, my friend.*

Interviewer: What does a conjoined frequency mean?

Zeta: *It means to us that it is in resonance, so if two entities are to come together, two different frequencies, then the frequencies of the two entities must change so they can be conjoined and resonate together.*

Interviewer: The spirit realm, does it have a shape?

Zeta: *Its borders are defined by its frequency.*

Interviewer: Do things have form in this energetic space?

Zeta: *No, they are very fluid.*

Interviewer: You described an object as a waveform, and this waveform then would consist of multiple frequencies?

Zeta: *Yes, of course, but between each boundary or realm as you would say, there are delineating frequencies that are conjoining.*

Zeta: *There is no imbalance in energy between realms.*

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Zeta: *There exists no formal shape or geometry for the basis of energetic consciousness. How can energy be in a construct my friend? How can it exist in some form of geometry, pattern or shape?*

Interviewer: So objects are represented by frequencies. There are still different objects there, I assume, so they must be represented by different frequencies. Is that correct?

Zeta: *In this physical reality, yes.*

Interviewer: But there are things that have form in the energetic environment too, the way you described the grid, for example. It is very well organized and there is a visual representation that you left with us. Is that just an analogy?

Zeta: *The grid is defined by the individual entities that it is, so if you had a cup my friend, the cup would have a grid that was associated with it. But for the grid to be in its true state, there is no form for the grid. We have brought to you and others discussions that related to concepts that only could be talked about through analogies.*

Interviewer: In a universe where there are only frequencies, how are objects distinguished?

Zeta: *As they are represented in matter for the things that are of matter and for things that are of a non-matter state, they are defined by their frequency.*

9.1.1 Discussion on objects

According to the Zeta, the spirit realm “*borders are defined by its frequency*”, and the borders do not outline forms because objects “*are very fluid.*” This suggests a comparison with the holographic representation where borders would be interference patterns. These are non-localized, so the form outlined by the borders might be described as fluid in the frequency domain, as opposed to solid. When they say, “*there exists no formal shape or geometry for the basis of energetic consciousness*”, this is again consistent with the distributed representation of any object in a hologram.

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The Zeta says, *“there is no imbalance in energy between realms”* and *“between each boundary or realm as you would say, there are delineating frequencies that are conjoining.”* This seems to mean that between the distributed frequency representations of realms, there are frequency representations of realm boundaries that are said to have balanced energies. If energy is proportional to frequency in the energetic domain, balanced energies may imply similar frequencies.

In one of their attempts to explain 'resonation', the Zeta comments that each one of us has a resonation, and that some would call this a frequency. They add that resonation is a conjoining of frequencies. That is, each of us appears to be defined by a frequency that resulted from a conjoining of multiple frequency modulations. But we know we are complex objects made up of a hierarchy of sub-components that should each have their own frequency resonations. It follows, then, that a complex object arises from the resonation of the entire hierarchy of elements of which it is composed.

9.2 The etheric body

Interviewer: Is the consciousness held in the etheric body?

Zeta: *Initially the three states are in separation. Higher self moves to integrate with a physical container, the etheric body is the field which allows the blending, and once the body terminates, the etheric form is absorbed by the originating consciousness.*

Zeta: *One frequency defines the state of the physical body which is encapsulated by the energetic body which you are calling the etheric body. The etheric body is in a constant state of change in regards to the level of frequencies that indeed is able to ...now defined by... now, many of the frequencies that are within the intermediary process of the etheric body are also in a state of change and flux. At any given point you may have what would be considered eddies of... eddies my friend, if you have the analogy of whirlpools in water.*

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Zeta: *The energetic body is in a constant state of change my friend, as the thought processes permeate the etheric body and change the frequency of what is... as does the higher self when it is to bring about change to the physical body also, through an act of thought, changes what is the resonation of the energetic body to the physical.*

Interviewer: If we don't talk about connection, but rather about information encoded in the etheric body, there are multiple frequencies to do that?

Zeta: *Yes*

Zeta: *We said to you before that the etheric body held many frequencies.*

Interviewer: Are those frequencies related in some way? Can they be anything, any value?

Zeta: *Those frequencies can be any value, my friend.*

Zeta: *An injury or a sore on the body is obviously of a different nature to the normal state of the cellular process of the skin, but it still exists.*

Interviewer: Yes, so it must be represented somehow in the etheric body as different.

Zeta: *Yes of course, my friend, as it is represented in the physical as a different representation of cellular structure, it is also represented in the etheric body as a different state of energy and frequency.*

Interviewer: Are the differences in the state of the body represented in the differences in the swirling of the etheric body?

Zeta: *What takes place in the physical is a direct representation of what is happening in the etheric body.*

Interviewer: The etheric body has spatial extent so do different parts of the etheric body swirl differently than other parts when they change?

Zeta: *Yes, my friend.*

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Interviewer: Does this swirling have a frequency associated with it?

Zeta: *Depending on what the entity or thought process or external references to the etheric body will depend on the type of frequency it is.*

Interviewer: Are there many swirls in the etheric body or is there only one?

Zeta: *There can be unlimited swirls in the etheric body.*

Interviewer: The etheric body consists of a very large number of smaller swirls?

Zeta: *Yes, I will give you an example my friend. If you are as they say, grounded, then you have spent much time possibly in the meditative state process. The state of mind that you hold will be much aligned with the etheric body, and the energy that you resonate at between yourself and the etheric body. Now if your mind is much in turmoil then you can expect that much of your etheric body will behave as a reflection of your thought processes.*

Interviewer: I see, so the turmoil is seen in very many more swirls in the etheric body. If you're in a proper meditative state, then there is only one swirl?

Zeta: *No, my friend, for you to bring the etheric body into complete state of harmony requires for you to be completely out of your physical entity.*

9.2.1 Discussion on the etheric body

Frequency in electrical circuits is visualized on an oscilloscope as a spot of light moving up and down along a time axis. This image is not very helpful for visualizing the role of frequency in the etheric body. The Zeta indicated that a swirl shape is a more appropriate image. They offered the analogy of eddies in water and the image of an unlimited number of swirls in the etheric body. The swirl image suggests that what is meant by frequency is angular frequency or

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spin. Different swirls may have any frequency, and the angular frequencies of different swirls may or may not be related.

The etheric body is normally in a constant state of flux, with the frequencies affected by thought processes and by influences external to the body. The state of the physical body is a direct reflection of the state of the etheric body. For example, a sore is different from the surrounding skin, and the etheric swirls corresponding to the sore also have particular frequencies.

Somewhat of a mystery yet is why two swirls would conjoin. The Zeta says that *"thought processes permeate the etheric body and change the frequency of what is."* This suggests that conjoining of swirls can be triggered directly by a signal from consciousness.

The frequency of the consciousness process is said to be higher than that of any other swirls, so conjoining of consciousness with the etheric body swirls would increase the latter's frequencies. Continued conjoining should ultimately lead to a minimum number of swirls with the highest possible frequencies.

9.3 Consciousness

Interviewer: Is the consciousness held in the etheric body?

Zeta: *Initially the three states are in separation. Higher self moves to integrate with a physical container; the etheric body is the field which allows the blending, and once the body terminates, the etheric form is absorbed by the originating consciousness.*

Zeta: *Every thought has a conjoined process which links to the etheric body*

Zeta: *The etheric body is in a constant state of change my friend, as the thought processes permeate the etheric body and change the frequency of what is... as does the higher self when it is to bring about change to the physical body also through an act of thought changes what is the resonation of the energetic body to the physical.*

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***Zeta:** Before you existed my friend, you understood that you required many lessons. Much of the manifestation of the lessons that you bring to yourself from the higher self entity are represented in the etheric body by a different frequency process. As what is thought but consciousness.*

Interviewer: So information from the higher self is represented in the consciousness in the etheric body.

***Zeta:** Everything that you need to know you have brought with you.*

***Zeta:** If you are as they say, grounded, then you have spent much time possibly in the meditative state process. The state of mind that you hold will be much aligned with the etheric body, and the energy that you resonate at between yourself and the etheric body. Now if your mind is much in turmoil then you can expect that much of your etheric body will behave as a reflection of your thought processes.*

***Zeta:** Higher self is of a different frequency, but it is bound intrinsically to the etheric nature and body. They are (bound?) to the physical. Now of course, if you have one frequency in the physical, multiple frequencies in the etheric body, and then the highest possible frequency that you are able to be determined by, that attachment is a active flow of energy and frequency between the physical and the higher self using the etheric as the intermediary process. We said to you before that the etheric body held many frequencies.*

9.3.1 Discussion on consciousness

The Zeta says that “every thought has a conjoined process which links to the etheric body”, and “As what is thought but consciousness.” Since thought is consciousness, we can say that consciousness has the conjoined process linking it to the etheric body. It seems that consciousness may consist of swirls that can resonate with the swirls of the etheric body.

The Zeta also said, “Higher self is of a different frequency. It is bound intrinsically to the etheric nature and body. There is one

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frequency in the physical, multiple frequencies in the etheric body, and then the highest possible frequency." The 'one frequency in the physical' is the single frequency for maintaining the functionality of the physical body, and the 'highest possible frequency' would be the single frequency from the higher self in consciousness that controls the etheric body swirls. So consciousness and the physical body are each connected to the etheric body with a single, but different, connection frequency or state of consciousness.

We are told that the local consciousness connected to the etheric body contains within it everything from the higher self that one needs to know. The higher self can change the physical body by conjoining with the etheric body swirls that, in turn, conjoin with the connections to the physical body. With this sequence of resonations, one's physical state can be affected by one's state of mind.

9.4 Connections

Interviewer: you mentioned at one point that the etheric body has a base frequency. For humans it's just 7 or 8 cycles/sec while the Zeta race has 10 cycles/sec. What does it mean to have a base frequency?

Zeta: *That analogy is in relation to the level of resonance that a being would hold energetically.*

Interviewer: Is energy transferred from the human physical body to the etheric body, or from the etheric body to the physical body?

Zeta: *Both ways... if the human requires connection, a level of matter to energy is required to increase the frequency of the etheric body, but if an external being is to connect to a human's, then the energy will come from the external entity.*

Zeta: *One frequency defines the state of the physical body which is encapsulated by the etheric body. The etheric body is in a constant state of change in regards to the level of frequencies that indeed is able to ...now defined by... now, many of the frequencies that are within the intermediary process of the etheric body are also in a state of change and flux. At any given point you may have what*

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would be considered eddies, if you have the analogy of whirlpools in water.

Zeta: *At some point, you are resonating, my friend*

Interviewer: What am I resonating with?

Zeta: *You are resonating my friend, you have a resonance too. Some would say that that is your frequency.*

Interviewer: What does a conjoined frequency mean?

Zeta: *It means to us that it is in resonance, so if two entities are to come together, two different frequencies, then the frequencies of the two entities must change so they can be conjoined and resonate together.*

Interviewer: Ok, so it's a single frequency that each entity is defined by.

Zeta: *For connection purposes, but you see, you need to open your mind and, as there are many energies that are in existence, then for them to come to being to exist for connection purposes, there must be some point of interconnection in regards to the process of frequency and resonance of frequency. Much as each of the races have a base frequency for connection, and then depending on the entities within that race would depend on the level of frequency that they hold.*

Zeta: *Higher self is of a different frequency. But it is bound intrinsically to the etheric nature and body. They are (bound?) to the physical. Now of course, if you have one frequency in the physical, multiple frequencies in the etheric body, and then the highest possible frequency that you are able to be determined by, that attachment is a active flow of energy and frequency between the physical and the higher self using the etheric as the intermediary process. We said to you before that the etheric body held many frequencies.*

Interviewer: Could you tell us about energetic implants that have been put into individuals with their higher consciousness consent?

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***Zeta:** That is a communication process and so the race that they are from would have changed the energetic barriers around the framework of consciousness. This has allowed the connection process to take place, and so they are able to connect back to their race process.*

9.4.1 Discussion on connections

The base connection frequency indicates the level of energetic resonance held by a race. The connection frequencies of two entities may conjoin or resonate when they match, thus allowing communication.

A hybrid human, someone who has an extraterrestrial race as a point of origin, may have energetic barriers around their consciousness that inhibit communication with the race. These barriers can be removed by the race in order to facilitate the connection process.

The Zeta was asked if physical contact between a Zeta and a human would be possible. They replied, *“You cannot touch us, you would be burnt. As you moved closer, your skin would become burnt because of frequency. To look into the eyes of the race, you may lose your mind, your construct would disintegrate, and so when we come, we come in many altered states of physicality. But you can be trained to be with us.”*

10. The existence of realms

In this energetic environment, boundaries exist for an entity where areas of consciousness space do not resonate with the entity's vibrational state. For example, the spirit and astral realms are energetic regions designed to resonate with the human energetic signature, and the realm boundaries lie where such resonations cease. We also learn that an ET race created the spirit realm long ago as a holding area for human consciousness. The astral realm is separate from the spirit realm, but is said to be of the same process. It is connected with all human mental activity and is seen as a developing collective mind.

Realms are regions in consciousness space that may not be accessible to all beings. The Zeta said, “*There are realms within realms, dimensions within dimensions, and inter-dimensions within dimensions, all is inside everything else. Each dimension is vibrating at a different level, then you can understand that everything is one and everything of the whole. There is no true separation between realms and universal nature. It is possible to travel across all of these barriers that are perceived in your mind, once you have moved yourself to a place of understanding that there are no barriers.*”

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They said on another occasion, *“These ‘realms’ that you describe are one of illusion, let this be stated at the outset. There are no defined boundaries between all of those states, as if some doorway existed between realms or dimensions. These energetic realms are actually divided only by the actual waveform’s ability to move into and out of the energetic area. Does this then limit what waveform can move where? Yes. These barriers are needed for many reasons. As each waveform or energetic being think within their confines, so they are.”*

According to the Zetas, a realm is defined in terms of vibration or a state of consciousness. This suggests that it is someone’s creation. Recall that the creation process produces an object that can be perceived by beings having a state of consciousness like that of the particular creator being or higher. So a realm having a specific state of vibration may be experienced only by beings at the same state of vibration or higher. It would not exist for a being who is in a lower state of vibration; i.e., *“thinking within its confines.”* The barrier to entering the realm results from a being’s inability to resonate with the realm. Such a being would not be able to move into that realm’s energetic area.

When a being’s state of consciousness is raised, the pattern of accessible regions in consciousness space should also change. The regions existing at a higher level of consciousness would come into view. In that sense, a realm really is an illusion since it persists for a being only as long as the being’s level of consciousness does not change too much. Further, all realms can be perceived by beings existing at the highest states of consciousness. These beings have moved themselves *“to a place of understanding that there are no barriers.”* As the Zeta says, *“There are no boundaries, and consciousness is playing a game of illusion with itself.”*

But there is a perceived reality within an illusion. The Zeta says the spirit realm’s *“borders are defined by its frequency.”* Further, *“Between each boundary or realm as you would say, there are delineating frequencies that are conjoining.”* Thus, realm boundaries

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are not spatial and are defined by their vibrations, and two boundaries conjoin via “*delineating frequencies*.” This suggests that realm boundaries in consciousness space are joined by compatible energies bridging the interval between realms. Only energies that are compatible, or can change to become compatible, may conjoin. Conjoining results in a resonation of energies.

Since the boundaries of realms conjoin via delineating vibrations, the realms themselves must also be defined by configurations of the energies of consciousness. The Zeta defines a being as a “waveform” which does or does not have the ability to move through the energetic boundary of a realm. This reference may refer to representations in the grid where a “waveform” pattern (a being) may or may not be compatible with the pattern of energy in the grid defining the realm boundary. If the states of consciousness of the being and the realm are compatible, the being might perceive (transform) the boundary as a visible object with spatial extent, depending on the being's expectations and state of consciousness.

10.1 The spirit and astral realms

At least two realms other than the physical are commonly thought to exist that are directly related to the human condition – the astral and the spirit realms. During physical mediumship séances, sitters often interact with entities who present themselves as spirits of people who lived on Earth at one time. These spirits are thought to inhabit the spirit realm.

The astral realm may be experienced during one's life on Earth. Some individuals are able to achieve an altered state that allows them to separate their local consciousness from the etheric body, which is a transform of the physical body, in order to move into the astral realm. Other states such as lucid dreaming, or even ordinary dreaming, may also offer glimpses of this realm.

The extraterrestrials were asked questions about the nature of these realms, and the following responses were given by the Anunnaki and Zeta races.

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Anunnaki: *Prior to the spark of consciousness of the developing entities on this planet, when no consciousness existed, there was no need for a spirit realm. As all energy is and always is, energy was transmuted to consciousness in the form of a cellular construction, a life form on this planet. There was then seen to be a need for a housing of consciousness of the physical being when they had transitioned to the spiritual realm.*

Anunnaki: *The spirit realms were created to contain the consciousness of a human entity. It was seen that when humans were first created that they required a transitional holding ground. After they had transitioned to this energetic container, they could then choose to move back to a physical form if they wished.*

Anunnaki: *A spirit realm as you call it, an energetic holding ground, was created. It also developed as you developed. It now stands as a separate entity to us. It now exists as a free-form flowing energetic environment for you to experience yourselves in multiple forms. This is your spirit realm. It has been modelled after our own existence. That is the explanation for the existence of multiple realms.*

Anunnaki: *When the human race was created, of course there were many other human forms. Now, once the consciousness was placed into the developing bodies of humans, a container was created for the spirit (as you would say).*

As you have the ability to create in this physical existence, much of your astral realm is associated with your consciousness process and the energies that you have as a combined energy. So does the race, as a whole entity. Now, inside that process of consciousness are all thoughts and creations of each individual, so the astral realms are like chaotic energy, and many entity's are formed in the astral realms.

This is why you can access the realm, as this is a thought process of other beings. What do you think will happen when the collective consciousness moves past their warring state? If the human race has

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created the astral realm, what will happen... it is consciousness... Perhaps the energy will be more focused for development of humanity. This is what you call the ascension process. You as a race will move out of the mire of the negativity of thought and creations which plague you somewhat. This is an act of growth by individuals.

Interviewer: How much interaction do extraterrestrials have with the spirit realms in this physical universe.

Zeta: *We are not to enter into the spirit realm, because that is to then redefine the parameters of the spirit realm container. But we are to incarnate as human beings and then to project a stabilizing force into the collective mind of the human race. And so because we have manifested through the birthing process, we are allowed to, as we have our own physical human container, we are allowed to support the internal workings of the race.*

Zeta: *These “realms” that you describe are one of illusion, let this be stated at the outset. There are no defined boundaries between all of those states, as if some doorway existed between realms or dimensions. These energetic realms are actually divided only by the actual waveform's ability to move into and out of the energetic area. Does this then limit what waveform can move where? Yes. These barriers are needed for many reasons. As each waveform or energetic being think within their confines, so they are.*

A simple example is this. You as human beings are living on a planet within your physical existence. However, you can easily transcend past the physical barriers. Each time you contact the spirit realms to pass information from a deceased person to a loved one, you do this. Another form of moving past a barrier is astral travelling or out-of-body experiences. These phenomena allow you as a being to move to different frequencies.

Zeta: *We will now discuss the spiritual realm for a moment. As they are energy and our thoughts are energy, we are able to teach and receive information from within those “earthen realms.” Why do we seek to move into those realms? There is a path that all must follow,*

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all must learn, all seek to be of a higher nature. In the spirit realms, all are seeking to move past their current vibrational state, we seek to help them to do this. Once separated from the physical existence, each is then able to determine what step is to be taken next in their development path.

Zeta: *The energetic beings you call spirit are actually an entity formed from energy that has an ability to hold information like a capsule. This vibratory form resonates at a level of its existence. This then sees in itself what benefit the process has been to itself, and then in a “teaching process” moment, it moves on to continue the journey.*

Interviewer: You have mentioned astral realms a few times, what is your opinion on this?

Zeta: *When you imagine these astral realms, your thought processes align themselves to some lower form entity. You may also attach a 'good' vs 'bad' mentality to them. Frequencies in which these areas exist go much further down the scale, like a sound wave as seen on an oscilloscope. The lower the frequency, the longer the wave.*

What does this mean to you? Do you think these beings are of some horned nature, ready to pounce on a being as they move into that realm? Often the term 'Earth bound' is also used as though some beings are actually encapsulated by their surroundings. Once again, as each being thinks, so it is. Imagine a higher natured being looking into your realm. Do you class yourself as a lower nature?

Interviewer: Can you talk to us about the astral realm?

Zeta: *The connotations and the words are much related to the human collective mind, your developing collective consciousness, based in energy. In the chaotic you call the astral realms, there are other entities. Why would this be so?*

The astral realms are a collection of all thought, all creative processes, all dimensional aspects which come from the existence of thought. This concatenation of all thought forms is the collective mind of the human race. The continuing elevation of the thought

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processes and consciousness of humanity allows the collective mind to form from the chaotic nature it holds. In these realms called the astral exist many life forms and entities. Some are resonating at a level where they are aiding in the creation of a higher state of being and consciousness, whereas other races and entities are seeking to own the energies of the collective mind of humanity.

When a human mind, a human consciousness, openly enters this collective process through astral states, altered states, or physical states, they move into the unlimited/limited potential of the collective mind of consciousness. This is the ascension process of this race.

Much, if not all, of the astral realm exists in a state of pure consciousness, as this process is bound intrinsically with the thought processes of every human entity (and others). The constructs that are seen in the astral realm are bound in synchronous existence, meaning that all mechanisms of constructs, such as levels and form are purely a state of existence. It is very possible, if not probable, that the astral consciousness in its multidimensional state is able to be restructured by a single thought, if not a collective thought of one mind.

Simply, the spirit realm container and the astral collective consciousness seem to be in separation but are actually as one process. Taking this one step further, as most understand, all is consciousness throughout the multiverse, and what exists outside of this is the void.

The void is a living entity of total consciousness, oligarchical in nature, and is partially living as an experience in separation (through illusion) of self through the vesture of matter. Each separation of consciousness is layers to perform many functions (oversouls). Some levels of consciousness pervade the worlds of matter, whereas others are multifaceted in energetic form, each having the ability to exist as a race of beings in every form.

Interviewer: Do you work in the astral levels?

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Anunnaki: *Can you see the different coloured photons that make up light, when do you see them (rainbow) many existences are seen as one, but there is much separation. Now what is the purpose of the connection in the astral? To get training; that is, when you are in a state of conscious of consciousness, you can be in separation. The consciousness of that person may be seeking experience, but due to the understanding of realms, may determine where she perceives the information is coming from. But we do not work in the astral realms, unless there is a need to move into the consciousness of a human form. This is where the collective human mind is forming, a global consciousness. It is somewhat in chaos.*

Zeta: *Do you understand bleeding one colour into another? It is a transitional process, like from one place to another. This is an example of two energetic realms, the spirit realm and the realms we come from. When there is a visit, the energy changes. This always causes problems and balancing of energy, they are two different types of energy. We are unable to explain the comparative difference between realms and races. We have tried tonight as an explanation, there are no words. Possibly at a pinch, an astral body experience could be the same as how we are, attached to the physical body while in the energy realms.*

We have an analogy. You perform work and at the end of the day you go to sleep and the energy body moves into the spirit realms. But you are one being and connected to the physical body. You are unaware of the information you receive. We do the same without sleeping.

These statements tell us something about the origin, nature, and purpose of the astral and spirit realms. The following sections summarize the main points.

10.1.1 The spirit realm

The spirit realm did not always exist, according to the Anunnaki. It was brought into being when it was needed to support the development of the human race. The Anunnaki transmuted energy into consciousness and placed it into the physical human form. They

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then recognized that human consciousness needed a place to go after the body died, and so the spirit realm was created as a “free-form energetic environment” to be a “transitional holding ground” for human spirits. The spirits could reincarnate if they chose to continue living in a physical form.

But the Zeta emphasized that the spirit realm is an illusion, that any boundary is defined by the inability of an energetic being to resonate with it. So the Anunnaki created a region in the energetic environment that offers no resistance to an entity with the vibrational state of the human spirit. Conversely, the vibrational state of the spirit realm boundary is such that it is impenetrable to an energetic being with the vibrational state of the human spirit. The purpose of this barrier, as any other in the energetic environment, is to give the contained spirit or energetic being a sense of identity.

The Zeta also said that the spirit is an entity formed from energy that can hold information “*like a capsule*.” All spirits in the spirit realm can, therefore, assess their current level of development and seek to change their vibrational state.

Both the Zetas' thoughts and the spirit realm are energy, and so the Zetas do not enter into the spirit realm to avoid redefining the spirit realm parameters. However, they wish to teach the path “*that all must follow*” to be of a higher nature, and they do this by entering the human form through the birthing process (see chapter, *Incarnation and ascension*).

10.1.2 The astral realm

The Anunnaki says that the spirit realm was modelled after their own existence, and “that is the explanation for the existence of multiple realms.” One of these would be the astral realm. The Zeta says that it appears to be separate but is part of the same process as the spirit realm. The astral realm would have a boundary that exists for the same reason as the boundary of the spirit realm. That is, the boundary exists where the inhabitants' vibrational property does not resonate with that of a region of the energetic environment.

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The realm itself is accessible to physical humans via a process that results in the out-of-body experience or astral travelling. Individuals who are “conscious of consciousness” are able to connect to the astral realm as a learning experience. That is, conscious connection allows human consciousness to experience the separation of the physical and energetic bodies.

The Anunnaki said that the astral realm is connected with humanity's conscious processes. While in the physical existence, the thoughts of each individual create manifestations in the astral realm. The combined thoughts of the entire human race are understandably chaotic, and this is reflected in the state of the astral realm. We are also told that many entities are formed in the chaos.

Much of the chaos that exists in the astral realm has arisen from the negativity of thought associated with humanity's “warring state.” Moving past this state to more positive thoughts will enable the further development of what is called the ascension process. An emergent property of the growth of individuals will be a reduction in chaos. The development of the collective depends on individual effort.

We were told by the Zeta that the astral realm is a collection of all thought and all creative processes that together form the collective mind of the human race. The continuing elevation of the thought processes and consciousness of humanity is transforming the chaos of the astral realm into a collective human mind. Some higher-level life forms existing in the astral realm are assisting in this process. However, we should be aware that some other races and entities are seeking to own the energies of the human collective mind.

The Zeta said further that the astral realm exists in a state of pure consciousness as it is tied to the human thought processes. Consequently, the constructs found there are “bound in synchronous existence.” This means that the entire astral consciousness could be restructured by a single thought or the collective thought of one mind. Perhaps this suggests that there is a tipping point in the

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ascension process when the collective mind is able to leap to an optimal structure or organization.

10.2 Discussion

When asked about the properties of the energy of which everything is composed, the best words the Zeta could find in our language were frequency, energy, and resonation. These words are the basis for what defines objects, entities, spaces and boundaries in the environment of consciousness. The Zeta were limited in their answer by the words available to them. In fact, we now know from more recent discussions (see the chapter, *Creation and perception*) that frequency is used by the Zetas as an analogy for a concept unfamiliar to us – the state or level of consciousness dimension.

The discussions with the Zetas were often rather difficult because of the lack of common ground, but sufficient information was given to come to a reasonable understanding of what is meant by the resonation and conjoining operations. Specifically, they refer to the creation and formation of objects in a dynamic energetic environment where state of consciousness is the dominant parameter. Resonation occurs when two states come to match in some way, and the resonating states are conjoined when the energies combine.

It seems that a form comes into being in this environment by the resonation of states and the conjoining of associated energies, but it is not directly perceived as such. Rather, form seems to be experienced like the perception of a particular colour when exposed to electromagnetic energy of a certain frequency. We might say that the frequencies in the environment are transformed by consciousness into the phenomena they represent.

The energetic representations described by the Zeta can evolve using the operations of resonation and conjoining. They explained that it is possible for two entities or vibrational states to become one entity or state. To do this, the vibrations must change so “*they can be conjoined and resonate together.*” We were also told that the

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landscape corresponding to realm boundaries is a matter of one's understanding. All barriers disappear when one moves to an understanding that there are no barriers. We may infer, therefore, that the energetic states determining the barriers are acts of consciousness or thoughts. By extension, this suggests that all energetic representations may be modified directly by consciousness.

It is interesting to examine anecdotal reports of events in the astral realm in light of what we have learned. For example, a traveler recalled seeing a portal in the realm far in the distance. As he approached the portal, he noticed that he was unable to see through it. Two beings guarded it, and one told him very loudly in no uncertain terms that he should not be there and that he must leave. The vehemence of the command immediately returned him to his physical body.

The Zeta has already told us what we need in order to infer the meaning of what happened here. They said, *“These “realms” that you describe are one of illusion, let this be stated at the outset. There are no defined boundaries between all of those states, as if some doorway existed between realms or dimensions. These energetic realms are actually divided only by the actual waveform's ability to move into and out of the energetic area. Does this then limit what waveform can move where? Yes.”* The portal appeared very real to the traveler (or 'waveform'), but its existence was entirely due to the mismatch between the vibrational properties of the traveler and the boundary. The portal was a symbol projected by the traveler in response to the approaching lack of resonance. Also, the beings at the portal were also part of the boundary. They delivered the powerful message that the traveler should leave. The Zeta suggests that the traveler's well-being was at stake when they add, *“These barriers are needed for many reasons. As each waveform or energetic being think within their confines, so they are.”* If the traveler had been able to leave the confines of the astral realm, he would no longer have been who he was.

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According to the Zeta's comment, the spirit and astral realms are both illusions. They exist for entities whose vibrational properties resonate with the realms' inner regions. The purpose of the astral realm is to be a place for humanity to learn how to be in separation; that is, to be apart from their physical bodies. The spirit realm offers the same opportunity between physical incarnations, and also enables rebirth to new experiences in the physical realm. As humans learn to manipulate their vibrational state in order to cross realm boundaries, both realms may eventually outlive some of their usefulness.

Both the Zeta and the Anunnaki say that a human collective consciousness is developing in the astral realm. It is now quite chaotic, since it reflects the current state of humanity's consciousness. The development of the collective mind corresponds to the process of ascension. We are told that a contest is taking place in the astral realm as other races and entities, resonating at a lower level, seek to control the energy of the human collective consciousness. The Zeta says that *"the continuing elevation of the thought processes and consciousness of humanity allows the collective mind to form from the chaotic nature it holds."* That is, the quality of a collective mind is an emergent property of the quality of all the individual minds from which it forms.

The role of consciousness is very important in the regulation of our physical and etheric bodies. Consciousness was said to affect vibrational states in the etheric body with a single vibration that is higher than any other. The etheric body is made up of 'swirls' that carry a broad range of vibrations. Harmonious thought processes in consciousness cause these swirls to resonate and conjoin to form swirls of a higher vibrational state, and thus to decrease in number.

Also associated with the etheric body is a single frequency interface for connection with beings such as the Zetas. The respective connection frequencies need to match in order for communication to proceed, and the frequencies may be changed in order to meet that condition. For example, the normal frequency for humans is said to

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be around 7-8 Hz, while for Zetas, the frequency is either 10, 16 or 32 Hz. These frequencies are to be taken as analogies merely to allow comparisons to be made. From a meditative state in consciousness, the vibrational states of the human etheric body swirls may be voluntarily raised, and these can in turn increase the connection frequency.

11. The spirit realm as information fields

Summary. According to extraterrestrial Anunnaki and Zeta beings, the spirit realm includes a mechanism for a spirit consciousness to transfer to and from a physical existence on Earth. The realm is experienced by its inhabitants in familiar terms according to their beliefs. It is described at a lower level of analysis as a hierarchical information structure composed of information threads. A spirit is a facet of a higher-self information thread, and an oversoul is a higher-order thread that organizes any number of higher-self threads as a group mind. The spirit realm encompasses an arbitrary number of levels of oversoul threads. It constitutes an infrastructure for comparing and evaluating experiences gained by spirits while in physical form.

In other chapters we learned that our familiar universe is part of a larger domain where consciousness is fundamental. It is multidimensional and has an energy that embodies all of existence. We call this expanded domain the energetic realm. All beings are part of this conscious energy, and are able to act recursively on that energy to manifest new experiences.

In the energetic realm, a being exists at the particular level of consciousness or vibration it has achieved. The being creates experiences when its intention acts on the energy of consciousness at that level. A level of consciousness is often thought to be a frequency, but the Zetas emphasized that this word is an analogy for a concept we do not yet possess. Consciousness does not have a frequency defined in time on a scale of rational numbers. Rather, states or levels of consciousness exist on an ordinal scale so that one state is less than, the same as, or greater than another.

A being's intention to create modulates its state of consciousness and a pattern is formed that represents the desired creation. The pattern is placed in a multidimensional structure called the grid. According to the Zetas, *"The grid is like a fluctuating wave vibrating through the universe. It holds all space and time. ... All conscious thought is*

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placed into the grid.” The pattern can then be experienced by any beings who have at least the level of consciousness used in its creation. The creation process is analogous to forming a hologram as an interference pattern on a photographic plate using monochromatic light from a laser.

But creation with intent is not quite as mechanistic as this description might suggest. The state of consciousness dimension in the process of creation is the same as, or tightly coupled to, the dimension of affect. Higher levels of consciousness are associated with higher abilities to love, while low levels of consciousness are associated with very little love. A being has access to perceptions created at and below its level of consciousness or state of love.

The interactions of beings are nicely regulated when the process of creation is seen as a function of love. A being at a certain state of love or vibration is able to participate in the experiences of less loving beings, but not the experiences of more loving beings at higher states of vibration. This has the effect of shielding the more loving being from the intentions of those less motivated by love.

Knowing that we create with our intentions does little to explain what we are as creative entities. Since we create our perceptions in the energetic realms, what we experience is a physical illusion, and sometimes includes how we choose to represent ourselves. But there is a lowest-level description of what we are in consciousness, and this remains hidden from us. Insight into the deeper level was provided by a Zeta.

11.1 A hierarchy in consciousness

The Zeta explained that the energy of consciousness is the stuff of our universe. Life arose from this energy and continues to create new experiences using the creative process. We use words like 'soul' and 'spirit' to refer to incorporeal aspects of living entities. The relationship of these concepts with all of creation is summarized in the following quotes taken from interviews with the Zeta beings.

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Originally, all energies come from one place, one source energy; they long to be reunited with the "whole."

All energies, when moving to form will choose what form they take, whether it be animal or mineral, there is full consciousness of the form they have taken, and the ramifications of that existence.

All life, all forms of existence have consciousness. All are a form of energy which exists and transmutes to each new state after its transition.

All beings are of a life force nature, striving for experience, comparison.

The nature of the soul in its own understanding, its own container, understands that by its own nature it belongs to a class of energies. This class of energies remains as a whole form, one entity, broken into many forms, many existences. So, saying this, a being is able to incarnate into many states of being in many realms.

Many soul facets can combine to form one entity. This means many entities, individual group souls, can combine to form a faceted being, living one existence.

The energetic beings you call "spirit" are actually an entity formed from energy that has an ability to hold information like a capsule. This vibratory form resonates at a level of its existence.

The Zeta explained that everything in existence is made of the energy of consciousness. Soul entities are a special, self-aware class of this energy that divides into many facets to maximise experiences for comparison. Facets of the soul are spirit entities that encapsulate information. Many spirits choose to incarnate a number of times on Earth. The time between successive incarnations are spent in a spirit realm created for that purpose. The origin and purpose of the spirit realm is discussed in the chapter, *The energetic environment*.

Spirits return to the spirit realm between incarnations to evaluate their current state of consciousness. There, they are in their true energy state and can see how much their current level of

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consciousness deviates from the desired one. The intent necessary to move toward the desired state is recognized, and the next incarnation is chosen to implement that path.

Witnesses in physical mediumship séances sometimes report having seen the likeness of a person who has passed on. This might be a full body image formed of ectoplasm, or the likeness of just a face embedded in a mass of ectoplasm. Sometimes the person's voice is heard and recognized. These witnesses are often convinced that the personality of the deceased continues to exist in the spirit world after transition, perhaps retaining its physical appearance. Others have suggested that we take whatever form we intend after transition, and this may or may not be the appearance we had while living on Earth.

We can only speculate on the spirit's properties and what happens to it when it returns to the spirit realm, so we are fortunate that a Zeta recently expanded on this subject. We learned about the fundamental nature of spirits and the spirit realm, and the relationship between them.

11.1.1 Interview #1

The first of these sittings began with a discussion on how a human couple's relationship in the physical realm might affect the relationship of their spirits in the spirit realm. This triggered the following extended monologue by the Zeta on how beings are associated with information fields at different levels of organization. Following this presentation, a sitter asked several questions that elicited additional interesting information.

Zeta: *I am trying to explain your spirit realm. Of course, the spirit realm is a multidimensional creation. Within it there are threads of consciousness, and the threads of consciousness are individuals who have existed in the physical form. The threads are informational fields which combine to create the whole soul process, and so each of them are taking many turns to again perceive the existence of matter of a human entity, or any entity that belongs to this planet. Quite often the threads of consciousness are joined together and*

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become husband and wife and then return back to the informational field once they have finished their journey together. If you wish, you can perceive yourself to be of a human construct. But also if you do not wish to live in that construct, then you do not. The container that is the spirit realm is an entity of consciousness. The informal fields, the informal structures within the consciousness, are seen to be a separate entity. The formal structure of the informational field allows a construct to exist, and the belief structure is then that there is a spirit realm.

Many of the entities in the informal field which are the individual threads may not be able to perceive that they are actually not human, and so this is where the discussion starts about the spirit realm. The spirit realm is then within its own confines, has the belief structure that individuals exist.

Many of the entities in the informational field that is known as spirit realm believe that they are singular entities. Many do live with their partners as consciousness, believing themselves to be the form, and so you see that the informational field has the ability to create any construct, any belief system, any existence that a human soul requires.

And now, how do other races create hybrid souls, because they integrate the consciousness they have with threads from the informal field. And once the informal field is birthed through the natural process, a race may enter into the physical reality of being a human container.

This is very technical information, and it is believed that you will not fully understand what has been said.

It takes you some way in understanding the differences between the human mind's construct of the spirit realm and what actually exists. But if you are inside the spirit realm construct, you will not be able to tell the difference, just as the humans are unable to understand the construct of spirit realm.

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This is why so many of the phenomena that are seen such as orbs and lights and other forms of matter, exist only for a short time, because the informal threads of consciousness move in and out of the frequency, the fabric of the human existence, and this is why your friends can come and speak to you, because they move between the frequencies to come and speak to you.

What is the human makeup, what is the construct of humanity? You are but energy, and the energy creates molecular structures, the molecular structures come together as cellular matter, the cellular matter creates a human construct, and so you at your finite level of energy and consciousness. The physical matter of the chair the medium is sitting in does not exist, but what exists is the energy and the consciousness of the shape of the matter to create the chair. And so, if you remember this, then you will understand that the spirit people are able to see what is not.

You only see what is, you see the physical representation, whereas spirit people see the energetic representation, and so when they cross over the threshold and change their frequency, they often see within your physical parameters and by your ocular systems.

And so when you transition, you will move back to the informal field where the thread that you are, the consciousness, becomes intertwined with the formal field. The formal field is of course the oversoul process. All the many threads of consciousness perceive themselves to be singular entities, and now you may become entwined with another thread. The thread may be your partner, and so you can never be separated because the experience that you have had with the partner becomes integral in your existence, the fabric of who you are.

You may want to forget that you have been with that partner, but you cannot. They were part of your journey, they were your teaching. But remember for the consciousness living within the spirit realm container, the perception is that they are not threads. The perception is that they are entities living within structure.

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But do you understand that consciousness itself is believing itself to be of the same construct as this room. [The medium's spirit control] believes that he is living in a construct that is based in a physicality, and so he will have his cup of tea, and he will shine his boots, and dust his house, but none of it exists. And so when he was allowed to move through his frequency to the state of existence that he now holds, he would often transition into the non-structure of spirit realm.

There are many places where the construct of what seems to be three-dimensional does not exist, the light area, and so quite often it is perceived as light by spirit people. And we do speak to them as spirit entities even though we know that they are informal fields of consciousness, as you have informal fields of consciousness, but part of a formal field of consciousness.

Interviewer: (suggests that the light is like that from the Anorians, a non-corporeal extraterrestrial race that has been seen as spheres of light)

Zeta: *All consciousness comes from what is and always will be, but to believe that a race will exist in spirit realm is not possible.*

Interviewer: I was referring to the pure consciousness above the spirit realm.

Zeta: *Ah no, these are the formal fields which no longer require the formality, and so they no longer hold the desire to exist in a singular entity structure, and so they are seen as light.*

Interviewer: When the spirit body is no longer a spirit body, but becomes the light, what is their purpose then?

Zeta: *To be, to exist in that state of oneness, and to not be confined to a reality based in consciousness, but to be free of that construct, to no longer see that they require the interactions between matter and the non-matter states.*

Interviewer: So will they then become more creative, more powerful in their creation?

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Zeta: *There is no more, there is no requirement to create, they no longer hold the desire to create.*

Interviewer: At that stage, do they desire to reincarnate?

Zeta: *No, they have moved past that. The informal threads within the formal structure are the only ones that continually incarnate. But much of consciousness does not require itself to be incarnated. And once it has achieved a certain level of awareness, the construct of interaction with matter no longer exists.*

Interviewer: The number of times one might reincarnate, is that determined by what the higher self wishes to experience?

Zeta: *The higher self is the thread, the oversoul is the collective consciousness of the multiple lives of entities. They are also singular in nature and existing infinitely as oversouls. And so to simplify this process, this group of human entities could easily belong to one oversoul. Each thread becomes a formal field. But you will not see this structure when you transition. You will be in unawareness of this state.*

[When you transition] you will move to a different state of existence and what you have learned in matter may fade away. You will be taken over by the oversoul consciousness process, by the formal field. But your individuality as a thread will always exist as long as you choose for it to, and when it no longer serves your purpose, then you will [transition?].

And this is a similarity between the collective consciousness of the Zeta race, that the collective consciousness - I have been asked not to speak about this. The discussion is that there is no point in talking about the collective consciousness of a race when we have to speak in simple terms. How do you describe consciousness? How do you describe the workings of the human mind? It is something best experienced.

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11.1.2 Interview #2

During a subsequent sitting, the Zeta unexpectedly expanded upon the discussion in the earlier interview.

Zeta: *You are many higher selves removed from source consciousness, and so, if all human existences returned to the creator, there would be no spirit people speaking. Their frequencies would be too different from the physical entity. There is an analogy that we have which is that you are an informal thread. The formal thread is the oversoul process, there are many informal threads that are part of your oversoul, that oversoul can be many entities. That oversoul is the informal thread of the oversoul above it, there are many informal threads of oversouls to the oversoul above it, infinitely moving back to source consciousness.*

Interviewer: That is what we would refer to as different aspects of our higher self?

Zeta: *Ah, the oversoul only, which is the first formal thread.*

Interviewer: It is also the informal thread to the next formal thread.

Zeta: *Yes, of course.*

Interviewer: Are there different levels in spirit world, and as you evolve you go to higher levels?

Zeta: *As you went forward you may move into a different level within the formal thread process. Remembering that the spirit realm entity does not really have formal parameters, or physical parameters, these constructs that we give you are ways for the human mind to understand what exists in consciousness.*

Interviewer: So is the source still part of the spirit world?

Zeta: *There is no separation, all is one.*

Interviewer: So your race and our race come from the same source.

Zeta: *Yes of course, but we are a formal thread of different frequency, and so your race, your spirit realm, could be seen to be a*

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formal thread at its highest level. Our race could be seen to be a formal thread at its highest level. Each race is a formal thread. Each non-physical entity race is a formal thread. Each dimensional entity race is a formal thread, underneath that being possibly infinite formal threads which are also processes.

Interviewer: So we could say then that our spirit world is our oversoul.

Zeta: *One facet of the spirit realm is your oversoul. They are like rooms with many entities in each room, each of the rooms creates a dwelling. Your house has many rooms, your house is the spirit realm, each of the rooms has potential to be many entities.*

Interviewer: Do you mean the rooms are like consensus created realities, or ...

Zeta: *Yes they are.*

Interviewer: Different states of frequency, or both?

Zeta: *Both, how is it possible to have two creators, two source of consciousness, unless they are one consciousness seeing itself in separation?*

11.2 The spirit realm information structure

These interviews offer a novel understanding of the spirit realm and what it contains. The Zeta said that the perception of spatial dimensions in a multidimensional spirit realm is an illusion that arises from belief. After an experience as a human in physical spatial dimensions, a spirit being naturally has a strong expectation or belief that spatial dimensions exist. The spirit's belief causes it to be located in an illusion of space in the spirit realm.

The illusion is supported by a framework of an informational field structure that is the spirit realm construct. The informational field concept is yet another analogy chosen by the Zeta to help us understand. They explained, *"These constructs that we give you are ways for the human mind to understand what exists in*

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consciousness." The analogy of a structured information field is a way of communicating how experiences of consciousness are encoded in the universal grid.

The spirit realm illusion is a representation created from the informational field in response to a belief or intention that is active in consciousness. This representation is automatically formed by the creation process when a transitioning spirit being unknowingly encounters the information in the field. The information is immediately transformed to experiences according to the expectations of the spirit being. When the information does not include a three-dimensional construct, it is represented as light. This appears to be the default representation of an entity without form in consciousness. An object without a spatial reference would be meaningless to a spirit being just returned from a physical experience.

It is not immediately obvious what was meant by informal and formal threads as informational fields. According to the dictionary meaning, we can say that a thread is an object that encompasses a certain theme or storyline, or perhaps has a particular purpose. The first interview did not specify why one thread would be informal and another formal. In the second interview, however, the labels were used to describe the relationship existing between two threads in a hierarchy of threads. Each thread accumulates information from threads in the level below, so that all information flows to the apex of the hierarchy.

Informal threads are always at the lowest level of any part of the hierarchy under consideration, while formal threads are all those above that level. So a thread can be formal or informal, depending on its level in the sub-hierarchy. That is, a formal thread at the second level becomes an informal thread when the focus of the sub-hierarchy shifts upward and the thread is in the bottom level of the sub-hierarchy. It is as if the Zeta meant the *in* prefix in *informal* to indicate the input level of an otherwise *formal* sub-hierarchy, no matter where it is in the hierarchical information structure.

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The spirit realm is represented by a sub-hierarchy of an infinite information structure. The higher-self informal threads are at the bottom level of this sub-hierarchy, and oversoul formal threads are at the higher levels. A lowest-level oversoul formal thread in the spirit realm contains the collective consciousness of a group of higher-self informal threads. At the next higher level, however, an oversoul formal thread receives information from lower-level oversoul threads. Relative to this higher level, the oversoul threads below it are informal threads.

For any perspective in the sub-hierarchy, informal threads are seen to be separate entities while formal threads are constructs formed from the separate entities. For example, an oversoul thread with its complement of higher-self threads is considered a separate entity or informal thread when it is seen at the bottom of a sub-hierarchy. But at a higher level, the oversoul is a formal thread with its collection of higher-self threads or other oversoul threads.

The informational field known as a higher-self entity is always an informal thread since it exists at the lowest level of the spirit realm sub-hierarchy. This kind of thread typically includes entities that have experienced a physical form; i.e., someone who transitioned from a physical incarnation. A higher-self informal thread may choose to incarnate many times via such spirit entities that are facets of the thread. Each spirit entity is a different thread that issued from the originating informal thread.

Immediately after an incarnation is over, a spirit and its informal thread are unaware that they belong to a higher-level oversoul formal thread. As the spirit reintegrates with its informal thread, the specific memories of what it learned during the recent incarnation may fade. Nevertheless, the informal thread retains its individuality after integration with the formal thread. Although a number of higher self informal threads form an oversoul group consciousness, each remains an identifiable entity for as long as it chooses. In fact, each informal thread believes itself to be the individual form that it created according to its belief structure upon the spirit's return to the

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spirit realm. It is not aware that it is a thread entwined with others in a higher-level structure. Which higher-self entities entwine in the oversoul is affected by meaningful shared experiences.

11.3 Beyond the spirit realm

The spirit realm and its beings exist as information structures in the energetic realm, but regions external to the spirit realm are also populated in other ways by extraterrestrial races. There is some interaction with these races, such as when a Zeta consciousness is born in a human physical body. A Zeta's consciousness integrates with a facet of an informal thread after negotiating agreement with a prospective human mother. When a facet of this informal thread goes through the usual birth process, the Zeta consciousness is given the opportunity to experience life as a human. After the physical body dies, the extraterrestrial consciousness disentangles itself from the spirit entity and takes the experiences back to its original body.

Our spirit realm would be equivalent to other spirit realm formal threads at the same level in the hierarchy. In a later sitting, the Zeta asks rhetorically, *“Are spirit realm people much different than other races, each having its own transitional realm? So to say that you have a spiritual guidance, and guides that are spirit would be a common theme across many races, but those races exist within their own spirit realm entity.”* So there are many spirit realm threads, each representing a different kind of physical existence.

The Zeta said that their own race comes from the same source consciousness as the beings in the human spirit realm, but that the collective consciousness or mind of their race is a formal thread of a different vibrational level. Further, *“The mind of the race resembles your spirit realm entity, but there is no barrier between moving from the collective mind of the race to the physical”* and *“We do not have the same process as the spirit realm because the collective consciousness of the race and the physical existence of being part of the race, are one.”* Therefore, the incarnation mechanism that exists in the human spirit realm is not required.

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A sitter asked about another race known to the medium as the Anorians. The medium had experienced this race before, and understands it to be relatively independent of the consciousness we experience. It exists in a true void in a state of oneness as a bright light. When it came near to the medium, it felt like a powerful sensation of love. According to the Zeta, it does not exist as part of an information structure like the spirit realm. Rather, such races are *“formal fields which no longer require the formality, and so they no longer hold the desire to exist in a singular entity structure, and so they are seen as light.”* Since the Anorians exist in a formal field, they appear to be information structures as well, although with an independent existence.

The Anorian's purpose is *“to be, to exist in that state of oneness, and to not be confined to a reality based in consciousness, but to be free of that construct, to no longer see that they require the interactions between matter and the non-matter states. ... there is no requirement to create, they no longer hold the desire to create.”* The Anorians appear to have an independent unitary existence that is not restricted by the properties of physical beings such as the creative process. In particular, there is no desire to incarnate and interact with matter, since this is possible only for informal threads within a formal structure like the spirit realm. Since *“the construct of interaction with matter no longer exists”*, they likely do not have the ability to incarnate to a physical dimension.

11.4 Discussion

The lesson from the Zeta being is that the spirit realm and its contents are information structures known as formal and informal threads or fields. The spirit realm is a non-spatial formal field structure that is given spatial attributes by the creative processes of its inhabitants. The inhabitants do not know the true nature of the spirit realm or their own nature as informal threads. They unknowingly adopt their own familiar appearance and the appearance of the spatial environment.

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A spirit is a facet of an informal thread which we call the higher-self. The spirit may choose to have experiences in the etheric realm by following an incarnation process. After a transition back to the spirit realm, a spirit re-engages with its informal thread (higher-self) and detailed experiences from its recent incarnation may fade from memory. The informal thread moves to become part of a structure known as an oversoul. It is a formal field where multiple informal threads are organized as a group mind.

The higher-self informal threads, the higher-level oversoul formal threads, and the spirit realm formal thread, constitute an infrastructure for comparing and evaluating experiences gained by spirits while in physical forms.

12. Informal and formal fields

The Zetas communicated with the voice of the medium and his linguistic knowledge and abilities. Occasionally they used a word that was given a new meaning. In particular, the phrases, ‘formal field’ and ‘informal field’, were employed in unfamiliar ways. The novel concepts of formal and informal fields were introduced by the Zetas in an extensive discussion of a model of the spirit realm (see the chapter on *The spirit realm as information fields*). In this section, the meanings of the terms intended by the Zetas are discussed.

12.1 The definitions of informal and formal fields

The spirit realm is said to be a *formal field*, an energetic container that is a holding ground for a consciousness transitioning from one incarnation to the next. The Zeta said, “*The formal structure of the informational field allows a construct to exist, and the belief structure is then that there is a spirit realm.*” The *formal structure* enables the mental construct of the spirit realm container to be experienced as sensations in the thoughts of the inhabitants. On the other hand, an *informal field* enables the quanta of particular objects of matter to exist inside the formal field of the spirit realm. Such matter includes the physical bodies of the inhabitants. The Zeta said, “*The informal fields, the informal structures within the consciousness are seen to be a separate entity. ... Many of the entities in the informational field that is known as spirit realm*

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believe that they are singular entities.” The informal fields enable the inhabitants and the other contents of a realm to be experienced as individuals.

The levels of consciousness in the spirit realm are organized hierarchically. The lowest level holds entities of consciousness known as higher selves. A facet of a higher self, or spirit, incarnates in our familiar physical world as an embodied spirit. As a crude analogy, the spirit would be like a remotely-controlled drone communicating sensory experiences to its higher self.

The next higher level of the hierarchy holds oversouls. A group of higher selves from the lowest level of consciousness converge to form an oversoul. The higher selves are informal fields, and the oversoul is a formal field. As the focus in the hierarchy shifts to the oversoul level, the oversoul becomes an informal field and the oversoul level above it becomes a formal field. In the Zeta’s words, *“The higher self is the thread, the oversoul is the collective consciousness of the multiple lives of entities. They are also singular in nature and existing infinitely as oversouls.”* From the perspective of any group or oversoul in the hierarchy, the group consciousness is an informal field experienced as an individual. The layer of oversouls above it is a formal field. The informal field permits creative activity, while the formal field provides a fixed context for such creations.

The inhabitants of the realm are not aware of this hierarchical organization. The Zeta said, *“You will not see this structure when you transition. You will be in unawareness of this state. You will move to a different state of existence and what you have learned in matter may fade away. You will be taken over by the oversoul consciousness process, by the formal field.”* The formal field provides structure for the spirit from the moment of its transition to the spirit realm.

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A Zeta was asked to explain why the words, *formal* and *informal*, were thought to be suitable when discussing the different levels of consciousness? They replied, *“Because they are seen to be a subservient structure, not subservient to be in submission, but to be in understanding and right relationship with the next level. The previous levels then become the informal thread with the next possible level being the formal thread.”* The answer re-states the definition of the words already inferred.

The Zeta reminded us that the formal and informal fields of the spirit realm are analogies and should not to be taken literally since consciousness is a mental construct. They said, *“Remember that the spirit realm entity does not really have formal parameters or physical parameters. These constructs that we give you are ways for the human mind to understand what exists in consciousness.”*

12.2 An example of a formal field

The 19th century physicist, Ernst Mach, proposed that inertial forces experienced by a body in nonuniform motion are determined by the quantity and distribution of matter in the entire universe. He and others had the intuition that the components of the universe are interrelated and function as a unit. Such a belief is reminiscent of the formal information field as understood by the Zetas. The Zeta said, *“Larger field holds all information. Formal field, collection of all structures of matter within this universe. Field permeates everything.”* The information in the formal field determines the context of new creations in this universe.

The formal field appears to reference properties of our universe that are independent of location. For example, as proposed by Mach, all matter is affected by an inertial field. Also, particles of the same type, such as electrons or protons, share fundamental electric charges. In the Zeta cosmology, all matter is represented as quanta encoded by a particular range of vibrations. Even the human state of

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consciousness is characteristic of the Earthly formal field. The Zeta explained, *“A local consciousness is very much a immature consciousness. You all present the same level of consciousness. It is a embryonic process used by consciousness to allow you to exist within this formal function of physicality. It cannot be more than what it is.”*

Informal fields form creations such as thoughts and the quanta of etheric bodies. The Zeta said, *“Information within field is informal field to formal field.”* All created etheric bodies of matter are influenced by the properties relating formal and informal fields.

Mach’s principle (MACH URL), that the physical law of inertia is determined by the large-scale structure of the universe, would be a property of the formal field. A formal field is an all-pervasive phenomenon that distinguishes among realms; for example, the level of vibration encoding matter. A Zeta distinguished their race from the human race when they said, *“We are a formal thread of different frequency.”* The formal field constrains informal fields which would be specific thoughts encoded in created etheric bodies. The etheric body, which represents the shape and the chemical composition of a form of matter, is not independent of the encompassing formal field since *“Field permeates everything.”* In general, the informal and formal fields specify together how matter is encoded and interacts with other matter.

12.3 Discussion of fields

All that ultimately exists is total consciousness. The spirit realm of the human race and the collective consciousness of the Zeta race are each a formal thread at its highest possible level of vibration. Even a non-physical race like the Anorians exist in their own formal threads, although they do not require it. A Zeta said, such races are *“formal fields which no longer require the formality.”* It appears that only informal threads of the physical races continue to incarnate in

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formal structures. However, the physical races eventually will also achieve a level of consciousness where interaction with matter ceases.

A Zeta briefly described the hierarchical organization of the spirit realm, *“The higher self is the thread, the oversoul is the collective consciousness of the multiple lives of entities. They are also singular in nature and existing infinitely as oversouls. And so to simplify this process, this group of human entities could easily belong to one oversoul. Each thread becomes a formal field.”* Entities in the spirit realm are not aware of this structure. When they transition to the spirit realm, they are *“taken over by the oversoul consciousness process, by the formal field.”*

According to the Zetas’ model of the spirit realm, each level of awareness is an informal thread, but only in the context of the formal thread above it. The lowest level has many ‘higher selves’ separated into facets known as spirits which may choose to incarnate in physical form. These higher selves merge into formal oversoul threads in the next level above. Similarly, as our focus of attention rises to a higher-level oversoul, it becomes an informal thread and the next level of oversouls becomes the formal thread. The activities of the informal thread occur in the fixed context of the formal thread above. Many informal threads merge into the formal thread of an oversoul. A possibly infinite succession of formal threads reaches up to the root of the consciousness hierarchy in this manner.

A particular entity existing at any location in the hierarchy might possibly change itself and raise its level of vibration. Given a large enough shift, the existing formal field would then become the informal field and the next level would become its formal field. However, the Zeta cautioned that the spirit realm hierarchy does not really have formal or informal parameters. Such words are analogies for what really exists. In the hierarchical model, more and more of

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the structure of consciousness is included as the focus of attention moves to higher levels of the hierarchy.

The collective consciousness of humanity, as well as other races, is undergoing a process of containment so as not to interfere with the collective minds of other more mature races. A Zeta said this was part of a formal process of change. That is, such containment appears to be an ongoing process under the control of the higher-level formal thread and perhaps should be seen as the normal evolution of consciousness.

13. Creation and perception

According to contemporary human science, our experiences originate from a universe of matter and energy. We generally accept that the universe began as a huge explosion long ago. The current *big bang* theory of cosmology holds that matter and energy and the space they occupy exploded into being when the universe came into existence. What came before is entirely unknown. Apparently, space emerged suddenly and mysteriously from a dimensionless point. From then on, the laws of physics determined how energy and matter interact and how material forms evolve over time.

We are accustomed to framing our perceptions in a three-dimensional space. A cup sitting on a table appears to have an existence that is independent of the consciousness that perceives it. We believe that all material constructs are formed from smaller particles of matter. Many of us also accept that consciousness is an emergent property of sufficiently complex structures of biological matter we call brains.

What we think we know about the origin of the matter universe will need to be reinterpreted in order to accept the extraterrestrial science. Most importantly, we have to acknowledge that consciousness is fundamental to the creation of all things. This includes the beginning of our matter universe, our complex brains,

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and other aspects of our material existence. The extraterrestrial perspective gives us the tools to understand mysterious phenomena that are often misinterpreted, ignored or rejected by our science.

The chapter clarifies and adds to some of the complex information from the interviews with the extraterrestrials. Fundamental concepts required by the extraterrestrial science, such as the nature and role of consciousness, are addressed. The process of materialization seen in physical mediumship demonstrations is discussed, and a model of creation in energetic realms is described. The validity of the model was affirmed by a Zeta in a later interview.

13.1 The process of creation and perception

During the interviews, the Zetas did their best to convey in words the nature of the energetic environment. They explained that our understanding of objects and their separation in space is an illusion created by consciousness. All perceptions arise directly from particular configurations of consciousness, like perceiving a colour or taste associated with a particular physical stimulus. A stream of thought is experienced as consciousness continuously reconfigures itself in consciousness space.

A Zeta explained that objects are ultimately differentiated in terms of frequency, energy, and resonation. These terms were used repeatedly in answers to various questions. Eventually, a process of creation converged that was analogous to the making of a [hologram](#) by the interactions of coherent beams of light. The ideas suggested a possible mechanism for creation in the energetic realms.

With human technology, a simple hologram can be made with laser light, mirrors, and a transparent photographic plate covered with a light-sensitive material. When the apparatus is properly configured, the light creates an [interference pattern](#) on the photographic plate that represents objects in the room.

Figure 13.1a shows a coherent beam of light split by a half-silvered mirror into two beams. Half of the original beam's energy illuminates the object of interest while the other half is a reference

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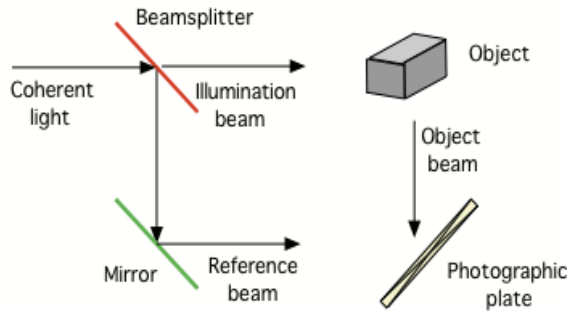


Figure 13.1a. Creation of a hologram

beam directed with a mirror to a photographic plate. The reference beam combines with the light reflected from the object to form an interference pattern on the photographic plate.

Figure 13.1b shows how the object is reconstructed for a viewer looking through the developed photographic plate illuminated by the same reference beam. An image of the original object is reconstructed from the information in the interference pattern, and the object appears to the viewer in three dimensions. It will not

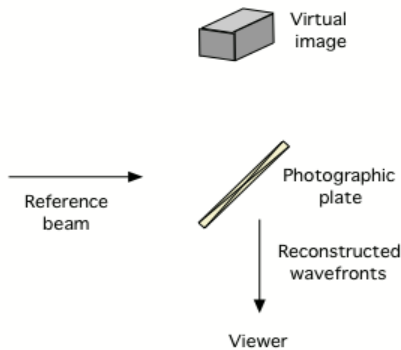


Figure 13.1b. Viewing a hologram

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appear if the reference beam has a frequency or colour that differs from the original.

The interviews with the Zetas suggested that the holographic technique could be generalized to a model of the creation process in which an entity, or soul fragment, causes an object to be perceived merely by initiating the intent in the form of a thought. We are told that the intent forms *“the energy required to perform a function.”* Also, *“intention is to place a belief structure in thought that something will change.”*

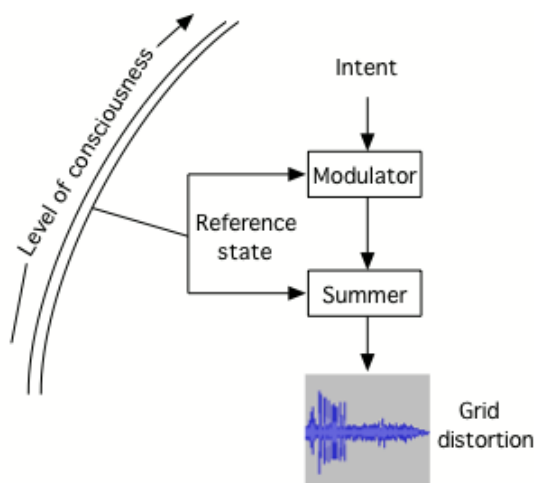


Figure 13.2a. Encoding an intention as a distortion in the grid.

Figure 13.2a outlines the process. The intent to create a particular object modulates a reference state of consciousness selected from the 'level of consciousness' scale in consciousness space. The original and modulated reference signals are combined to form a distortion in the grid in consciousness space. This distortion is analogous to the exposed photographic plate containing the hologram representation in Figure 13.1a.

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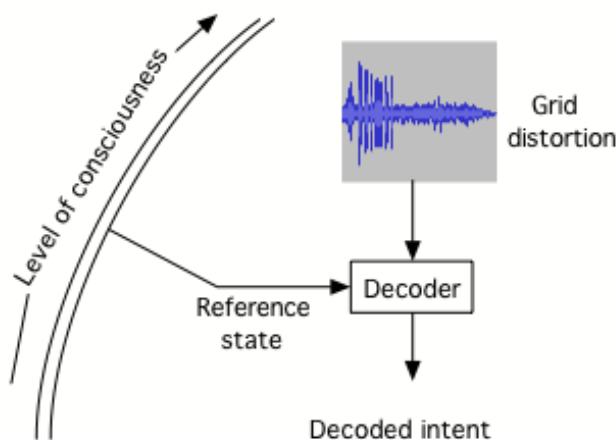


Figure 13.2b. Dec distortion in the grid.

Figure 13.2b shows how the same or a different entity would recover a thought already encoded in the grid. To experience the thought that originally created the distortion, an entity would decode the pattern using the reference state of consciousness that created it as the key. This process is analogous to viewing the hologram in Figure 13.1b.

This model of creation is important because it determines to a large extent the experiences that are possible in the physical energetic realms. When the opportunity arose, a Zeta was presented with the model in order to confirm its accuracy. The following is a transcript of that interview.

Interviewer: In my study of what you have told us, I've tried to form a coherent model of what might be happening in the consciousness realm, and I would like some kind of confirmation that my ideas are correct.

Zeta: *And what are your ideas?*

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Interviewer: You often talk about a spirit's state of existence, and that the state of existence is characterized by a highest possible frequency. Different people have different states of existence; therefore, there is a variability in this frequency. This consciousness, when it creates something, uses this highest possible frequency in order to do so. Now, let's say that I wanted to create an object using my thought processes. I would use the frequency available to me in my state of existence, and I would change that frequency according to the object that I want to create. Then the result of that would conjoin with the original highest possible frequency, and the resulting resonance would form a representation of the object in the grid. This becomes what I would consider a public representation, and if someone else comes along and is able to generate the same highest possible frequency, they can also experience the thought form that I have placed in the grid.

Zeta: *That is correct, yes. I do agree with what you have said.*

Interviewer: Thank you very much.

Zeta: *Let me add though that the consciousness of an entity is creating at it's highest possible frequency, and so, once the, we will say object, although the object could be many forms of a ... then another entity operating at that frequency or higher would be able to access the object, but only beings at that frequency and above.*

Interviewer: Right, so this means that if a being were operating at a high frequency and creating objects using that frequency, someone operating at a lower frequency would not be able to experience the same thing.

Zeta: *No, not at all.*

This exchange confirmed that the model depicted in Figure 13.2 is basically correct. As with the hologram analogy, a being cannot experience an existing distortion of consciousness if it does not have access to the reference frequency used to create it. The Zeta said elsewhere, *"You are a creator. If it exists, it exists for you."*

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The Zeta also said, *“Each time you act in a loving way towards each other, you are raising your vibration.”* This comment related higher states of consciousness or vibrations to emotions like love and compassion, and implies that lower states are related to emotions lacking love such as fear and hate. Since a being's ability to love is coupled with the highest possible state of consciousness it can use to create with intent, its highest possible state will rise when it becomes more loving. We were also told that *“people seek insight and expanded consciousness”*, and so we are given to understand that the range of available states is expanded rather than shifted upward.

The coupling of the highest possible state of consciousness with the ability to love was examined further in the same interview.

Interviewer: Is it true that this scale of frequency that is used to create is correlated with the ability to love? Higher frequency entities are more able to love?

Zeta: *I would agree.*

Interviewer: So that means then that a being can avoid interacting with low frequency beings simply by increasing its state of love.

Zeta: *But the being that is in love would not avoid interacting with any entity under that frequency.*

Interviewer: Right, because a high frequency being is capable of ...

Zeta: *It is the dominating process.*

Interviewer: But people often talk about low frequency entities and being in fear of them. According to my way of thinking, the best way to deal with a low frequency entity who may wish to harm is to project your love onto this entity.

Zeta: *If you are able to produce that frequency.*

Interviewer: Yes, if you are able.

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Zeta: *But, if you were in fear of the entity, you would be at an operational level that would equal that frequency, as you would be in fear. But if you were in a frequency that was higher than that of the other frequency, then you would not be in fear of it.*

Interviewer: Right, so the best defense is to be able to love this entity that you fear ...

Zeta: *That you do not fear.*

Interviewer: ... so that you do not fear it anymore.

Zeta: *That is correct.*

The Zeta confirmed that beings without love cannot intrude on the experiences of more loving beings who create with higher states of consciousness. On the other hand, when a being becomes more loving and is able to create with higher states, it does not lose access to encounters with lower-vibration entities. The Zeta said that a higher-vibration process cannot be overwhelmed by lower vibration processes.

The creation process appears to be such that environments created by loving and compassionate beings cannot be invaded by fearful, aggressive or generally egotistical beings. However, a loving being can enter a realm created and populated by less loving beings. The Zeta was asked if the more loving being could also create in that realm using the lower state of consciousness as a reference. They replied, *“A potential yes, to do this, of course.”*

The Zeta referred to the holographic-like patterns in the grid as *quanta*. The quanta represent the experience of a thought as it was conceived in the creator’s consciousness. A created pattern is not a concatenation of less complex patterns, unless that was the creator’s intention.

Consciousness as a blank slate without creations defined by quanta would be nothing but potential where all things are possible. According to a Zeta, *“Consciousness has all information, but how*

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consciousness reveals it to itself is a different process, nothing is created.” That is, all possible thoughts exist as potentials in consciousness. Consciousness reveals a thought by instantiating it in the grid. By doing so, the thought is shared with other beings. Since all beings are facets of total consciousness, consciousness reveals the thought to itself with that process.

13.2 Why creating thought-forms is hard

In our physical existence, it is not immediately evident that this principle of creation by intent applies. Although the creation process is intrinsic to consciousness, humans in the etheric realm are generally unable to bring new matter into existence by thought alone. Small effects of human mind over matter have been observed in experiments (e.g., Schmidt, 1977; Jahn, 1982; McTaggart, 2007; Radin, 1997), but only rarely is it reported that a human can materialize objects of matter (Haraldsson, 1987; Talbot, 1991). A Zeta revealed that creation needs more than the proper intention to succeed. They explained, *“Perception is the way that you perceive something to be, but to create via intention requires the consciousness to be in a clear space of expansion, understanding what is the end result of the creation, but not understanding often what is being created.”* Something besides intention is needed for strictly mental processes to make significant changes to the physical experience.

What is needed may become clear by analogy with modulation of a radio frequency carrier wave (RadioMod, 2012). The carrier can be amplitude modulated by a voice or music signal to be transmitted. The modulated carrier contains frequencies higher than the unmodulated carrier. This is analogous to modulation of a being’s highest possible vibration in the creation process. A Zeta explained that creation with intention *“requires the consciousness to be in a clear space of expansion”* to accommodate vibrations higher than the highest possible vibration.

When a being creates a thought form, its *highest possible vibration*

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is modulated by the vibrations of the the thought. The need for a space of expansion implies that the thought is processed using vibrations higher than those normally available to the creator being. Without the space of expansion, the thought vibrations would not pass through the creation process. To accommodate the thought vibrations, the being would need to temporarily increase its internal bandwidth. The thought information could then modulate the being’s *highest possible vibration*. Figure 13.3 shows the *space of expansion* as an increased internal bandwidth of the creator.

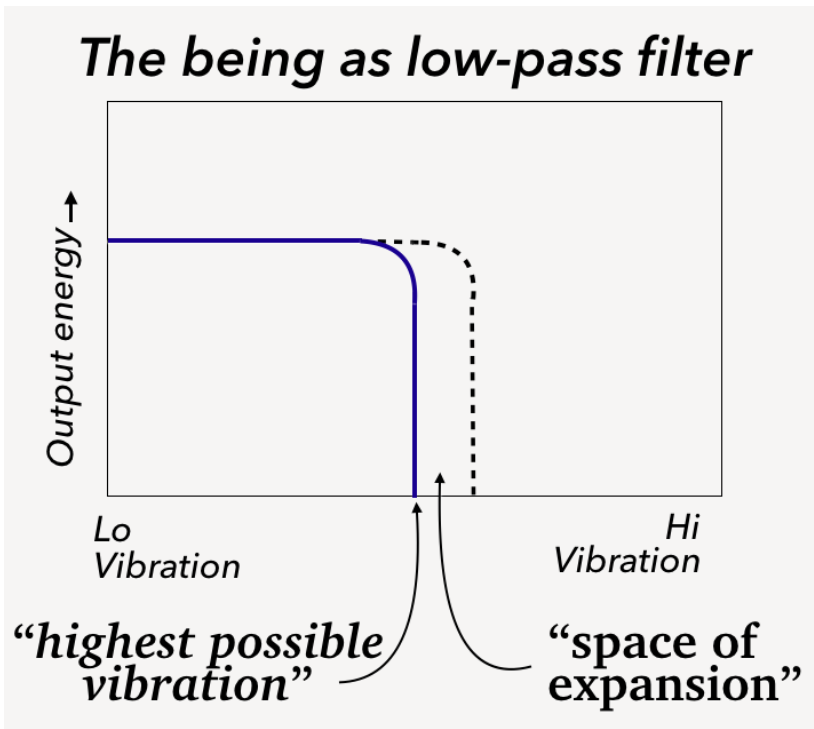


Figure 13.3. Schematic of how the “space of expansion” affects the filter bandwidth.

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The medium, Paul Hamden, has experienced this condition with the help of the Zetas. In his view, “To create correctly one must understand what environment is required to perform the proper act of creation. This pristine space of consciousness is a rare opportunity to put into action the intention to change the time line, to heal another, to create what is required. It takes an elevation of consciousness to move to that creative state, well above a normal human mind’s ability.” Humans typically lack the space of expansion and so they are unable to create thought forms in the etheric realm.

The Zeta agreed that a *space of expansion* is an elevation of consciousness or an expanded vibrational state. They said, “*When the spirit people are with the medium, the expansive state, the state of expansion, the spirit person sits within that expansive state. It is as though the medium no longer exists in this room, but is able to see through the spirit peoples’ eyes as to what they are seeing.*” The expansive state brought by the spirit person is a vibrational state that is higher than the physical vibration. Because the medium is in this higher vibrational state, “*he no longer exists in this room, but is able to see through the spirit peoples’ eyes as to what they are seeing.*” In the expansive state, he is no longer in the consensus reality defined by the physical vibration.

The medium suggested that someone with different abilities like a yogi or monk might understand what is required to move to that space of expansion. The Zeta agreed that beings like the historical Jesus Christ or the Buddha also had different abilities. For example, Christ is reputed to have fed a large crowd of people with a relatively small basket of loaves and fishes, and he turned water into wine. According to the Zeta, these exceptional people had a local mind that held the consciousness of multiple beings. The Zeta said, “*They are many beings to provide the energetic space, the consciousness, the expansion, to allow the entity, the container, to display a supernatural power.*”

The medium felt that the space of expansion is a wonderful but

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dangerous place to be since the possibilities are endless. Most humans cannot enter that space without the assistance of the higher self. But they are typically unable to interact with the higher self, and this is actually a safeguard that prevents harm to self or others. The energies of ego, emotions, and desires are incompatible with the state required to create thought forms. These hindrances are minimal or non-existent in the realities of higher vibrational states where creation is less difficult.

14. Multidimensional vibrations

Everything that exists has a vibration that distinguishes it from other things. The vibration dimension has an ordinal scale, meaning that a given vibrational state is higher, the same, or lower than another state, but the distance between them is not defined. A Zeta said, *“No numerical values are able to be given to what frequencies exist between us and your realm.”*

They agreed that their use of ‘frequencies’ in this context was incorrect since frequency is a function of time, and the dimension of time is not a basic attribute of consciousness. The intended meaning of frequency was *‘the level of consciousness that an entity holds, and so as you move from one frequency to the other, your consciousness is placed in an expected state.’* A more appropriate word with a similar meaning is vibration, a sensation that can be felt and compared in the ‘now’.

Comments by the Zetas suggested that vibration is multidimensional. It can be represented by a matrix, $V[i][j][k][...]$, that can be extended to as many dimensions as required. The existence of several dimensions was revealed in a discussion about the human etheric body. A Zeta said, *“You have one frequency in the physical, multiple frequencies in the etheric body, and then the highest possible frequency that you are able to be determined by,*

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that attachment is a active flow of energy and frequency between the physical and the higher self using the etheric as the intermediary process. We said to you before that the etheric body held many frequencies.”

The Zeta said the etheric body has a physical frequency which is a relatively unvarying vibration required to create the perception of matter. They said, *“One frequency defines the state of the physical body which is encapsulated by the energetic body which you are calling the etheric body. ... The physical frequency defines what you can remember.”* The perceptual process uses this vibration in the transformation of the etheric pattern to a perception of matter. The Zeta also said, *“Matter needs to exist in certain frequencies”*, suggesting that there are particular vibrations that could be used to create matter. They added, *“For it to bind, it needs this frequency”*, indicating that without one of these vibrations there is no matter.

The *‘one frequency in the physical’* is a relatively constant vibration that is within the range defining the etheric realm. It is located on the *i*th dimension of the model. The Zeta said, *“We would know who the human was by their prior frequency,”* and so the vibration appears to identify each human individually. It is also instrumental in the process of self-healing (see *The self-healing process*).

The Zeta mentioned multiple frequencies in the etheric body, and these would be represented on another dimension of vibration. The multiple frequencies encode the various etheric patterns of energy that represent the structure and function of the physical body. The Zeta said, *“The cells exist in energy, they are resonating at certain frequencies which combine to form a physical human container.”*

The Zeta also referred to a dimension of harmony, *“Each time you act in a loving way towards each other, you are raising your vibration. ... When you are in complete harmony with other beings, you are in a symbiotic level of consciousness with the entity, and there is no words to state and no emotional capacity to understand the silence, the peace.”* Harmony is represented in the model by the *j*th dimension. It refers to the affective relationship one has with all

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that exists. Humans with a low vibration on this dimension may spend much time in fear, anger or despair, whereas high-vibration humans have more positive feelings such as compassion, gratitude, and unconditional love.

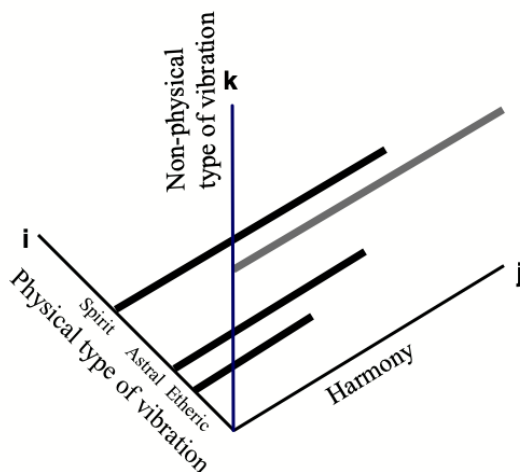


Figure 14.1. A multidimensional model of vibration.

Figure 14.1 shows the **i** and **j** axes in a drawing of the model limited to three dimensions. The label on the **i**th axis is ‘Physical type of vibration.’ This axis shows a hypothetical being’s etheric vibration on that dimension. The bar extending from this vibration as a base shows that the being has developed a certain level of harmony on the **j**th axis.

As well as the etheric type of vibration on the **i**th dimension, a Zeta confirmed that other types of physicality also exist. They said, *“There is a potential for beings of races to exist in the different forms of physical frequencies. ... If we choose to exist in a finer level of physical frequency, then we would be not seen in the normal spectrum of a human.”* Finer levels of physical vibration are found in

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the astral and spirit realms which typically cannot be experienced by awake humans. These realms are also shown in Figure 14.1 as base vibrations on the i th dimension. Like the etheric realm, they are identified as physical types of vibration, and so the ij plane is the physical plane.

The universe we experience appears to exist at a particular value of the i th index. The perceptual process uses the vibration parameter to transform compatible etheric forms into our familiar objects. At a different value of the i th index, the perceptual process would need to be recalibrated to transform a corresponding set of etheric patterns into the experience of discrete objects. The Zeta said, *“Each separation of consciousness is layers to perform many functions. Some levels of consciousness pervade the worlds of matter, whereas others are multifaceted in energetic form, each having the ability to exist as a race of beings in every form.”* If the “separation of consciousness” happens when the i th index is incremented to the next “layer”, another physical existence would be experienced. But the Zeta suggested that the experience might be non-physical instead.

The physical vibration of the i th index also appears to define the “channel” for communication with a race. The Zeta said, *“Each of the races have a base frequency for connection,”* suggesting that an individual’s vibrational state for communication is determined by the state of physicality of the race. The Zeta added, *“and then depending on the entities within that race would depend on the level of frequency that they hold.”* That is, a higher vibrational state needed for communication might be achieved when the individual’s state of harmony is increased to a higher j th index. The Zeta explained, *“We said to you before that the etheric body held many frequencies. Those frequencies can be any value.”* This suggests that the etheric body activity can increase the vibrational state and thus, the j th index. The vibration, $V[i][j]$, achieved by this process might permit communication with a race at a different i th index.

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The vibrational states of the astral and spirit realms are different from the etheric realm. How do these realms fit into the model of vibration? When someone transitions from the etheric to the astral realm, a new astral body appears that is not visible from our usual perspective. This suggests that the consciousness has entered another physical type of vibrational state by incrementing the **i**th index. It is then free to change its state of harmony reflected by the **j**th index. Similarly, the spirit realm is entered by again incrementing the **i**th index. This process is in agreement with a Zeta's statement, "*The spirit realm container and the astral collective consciousness seem to be in separation but are actually as one process.... Do not think the astral realm is there and the spirit realm is there, it is one component but it is in separation.*" Differences in the **i**th index create apparent separations among realms, but all are part of the same process in the larger context.

A being's vibration on the 'Physical type of vibration' dimension, combined with its vibration on the Harmony dimension, is *'the highest possible frequency that you are able to be determined by'* in the Zeta's words. This resultant vibrational level is the highest possible vibration available to the creation process, and also limits what can be revealed to the being by the perceptual process. The *highest possible vibration* is represented in the model by a being's location on the physical **ij** plane.

The Zeta revealed that there are also non-physical types of vibration. Beings with these vibrations *'do not contain the frequencies that relate to being of matter,'* and *"their interdimensional aspect is that they exist within the frequency process between matter."* The *frequency process between matter* appears to be the Zeta's way of referring to vibrational states that are not in the physical plane. Such entities might include alleged angelic beings, reptilian beings, and other entities mentioned in folklore and the metaphysical literature. The **k**th dimension in Figure 14.1 represents a 'Non-physical type of vibration' and the **kj** plane is then a non-physical plane. A hypothetical non-physical being is represented by the bar extending from the **k**th axis.

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Independence of one plane of vibration from another cannot always be assumed. The Zeta suggested that an in-between state is possible when they said, *“The Anunnaki planet is partially dematerialized, a physicality, so the molecular structure of the planet is not as closely bound together as your physical planet. It has matter, it's construct is of matter, but there is matter that you cannot touch around.... And so there are many in-between states between the physical and the non-physical.”* According to the Zeta, the interior of the state space between the physical and non-physical planes of vibration is not forbidden. It appears to be possible for beings to move incrementally through that space from one plane of vibration toward another.

Non-physical, interdimensional races do not have a resonating group of vibrations like the physical races. A characteristic of an interdimensional being is that its vibrational state depends on the environment in which it exists. A Zeta explained that the vibration of such a being *“is determined generally by where the interdimensional entity exists, much as if you are cold because you are in a cold climate.”* This is analogous to the adaptation of a coldblooded animal's body temperature to its environment.

Our lack of awareness of other types of existences around us suggests that beings tend to keep to one plane of vibration as a rule. The Zeta commented, *“There are many energies on this Earth plane, some are out of 'frequency' with your current processes.”* The Zeta indicated that while we exist in our plane of physical vibration, other beings exist in their own planes that are independent of ours. The perceptual process in our physical plane is incompatible with other planes, and we are unaware of the existence of others.

The etheric, astral and spirit ‘Physical type of vibration’ are all existences accessible to humans. Other races such as the Zeta race have vibrations that are also of the physical type, but do not resonate with human vibrations. The base vibrations of these races (not shown in the figure) are on the i th axis as well, interspersed among the base vibrations of other physical types. Quanta everywhere on

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the **ij** plane are experienced as matter when transformed by a matching perceptual process.

14.1 Discussion

A Zeta said in support of the multidimensional nature of vibration, *“There are realms within realms, dimensions within dimensions, and interdimensions within dimensions, all is inside everything else. Each dimension is vibrating at a different level, then you can understand that everything is one and everything of the whole.”* The quote summarizes in words the conceptual graphical model of vibration shown in Figure 14.1. It suggests why we are mostly unaware of many other races in our daily life. They are constrained to exist in vibrational spaces that are not compatible with our perceptual process.

The relationships in the above quote appear to exist in the multidimensional model. Specifically, *realms within realms* may refer to the etheric, the astral, and the spirit realm ranges of vibrations nested inside the physical type of vibrations (where **k**= 0).

The *dimensions within dimensions* may be interpreted to mean ranges of vibrations in the model where **i**= 0, nested inside the superset of the non-physical type of dimension.

Finally, interdimensional beings *“do not contain the frequencies that relate to being of matter.”* Therefore, *interdimensions within dimensions* may refer to the vibrational states where the **i**th coordinate is zero and two or more non-physical coordinates are non-zero. If there were a fourth non-physical *dimension*, **m**, the interdimensional region would be where **k** and **m** are non-zero.

The Zetas explained that processes in the different types of vibration are not required to be the same. For example, memories of beings are represented as processes in the astral realm but not in non-physical realms. In the astral realm, the memories are *“in flow, somewhat like an energetic stream bound intrinsically to the consciousness of an entity.”* However, the stream of energy

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representing memories does not occur in the non-physical dimensions.

To explain this lack of uniformity, the Zeta added, “*Consciousness, in this universe, with these states of physicality - which is the underlying structure of what is - then accommodates consciousness.*” Consciousness decided that *in this universe, with these states of physicality*, the memory process was needed in the astral realm. In interdimensional non-physical states of existence, however, the memory process appears not to be required and so it does not exist.

Some interdimensional beings have a technology that enables them to maintain their vibrational state when moving to an environment of a different vibration. The Zeta explained, “*How they would enter into a lower frequency form is to shield themselves within a cocoon process of consciousness, to present themselves as being of the same level of consciousness and frequency as the surrounding entity.*” They would represent themselves in the physical plane in a form that shields the non-physical being from the physical environment.

15. Heterodyning vibrational states

Summary: Beings in energetic realms often change a vibrational state for its own sake or as a means to accomplish certain tasks. In interviews with a Zeta, the extraterrestrial being confirmed that heterodyning used in human radio electronics can perform similar functions in the energetic realm. A being in a higher vibrational state can assist a lower-vibration being to raise its state of consciousness by using this process. Also, a local consciousness uses heterodyning to instruct the physical body how to heal itself. Further, heterodyning enables a consciousness to create in the energetic realm. In particular, it is a component of a Zeta technology for creating a higher-vibration simulation of a physical environment. Heterodyning is revealed as a general purpose tool for processes operating in and across realms.

In the section, *Instruments to control etheric energy*, a human technology is described that seems to be similar to an energetic process used by the Zetas. The process of [heterodyning](#) is often part of electronic circuits that modulate a frequency or shift one frequency to another. The concept is also employed by the Zetas to control processes in the energetic environment. For example, it is an

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important part of the creation process. This chapter expands on how heterodyning is essential for managing operations in the physical and energetic realms. Its use in diverse processes suggests that the concept has general applicability.

15.1 The heterodyning process

The introduction to heterodyning describes how a new frequency is created from two original frequencies. Two signals with frequencies f_1 and f_2 are inputs to a non-linear device called a mixer, and become two new signals with frequencies f_1+f_2 and f_1-f_2 . These sum and difference frequencies are called heterodynes. If only the difference frequency is desired, the sum is removed with a low-pass filter. The result is a shift in frequency to the difference frequency. This is called [superheterodyning](#) and is often used in the tuner circuits of radio receivers.

The same process may be used to modulate a radio carrier wave with a lower-frequency baseband signal containing data to be transmitted (e.g., see [here](#)). The carrier wave is heterodyned with the baseband signal in the mixer and becomes modulated at the sum and difference frequencies. We will see that this is analogous to the creation process.

15.2 Heterodyning in the energetic realm

The Zetas speak often of the conjoining and resonation of entities that have different states of consciousness. To conjoin means *“that it is in resonation, so if two entities are to come together, two different frequencies, then the frequencies of the two entities must change so they can be conjoined and resonate together... one must reduce, the other must increase... until they are in harmony together.”*

The comment may merely mean that two frequencies resonate only after they have moved towards each other and are identical. However, there is no indication what would cause the frequencies to change. The comment has deeper significance in the context of the heterodyning process. Any two frequencies may heterodyne or

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“*come together*” to produce an output dependent on the two inputs. There is no requirement that the original frequencies become identical.

The increasing and reducing frequencies mentioned by the Zeta would refer to the difference heterodyning frequency. A state of resonation exists when both entities adopt the difference heterodyning frequency or state of consciousness. In this state, the entities “*are in harmony together.*”

A critical component of the heterodyning process is the non-linear device required to produce the sum and difference frequencies. The identity of this device can be inferred from the creation process (see the chapter, *Creation and perception*). The creator being modulates its “*highest possible frequency*”, the carrier signal, with the properties of the thing to be created, the baseband signal. This happens only when there is an appropriate intention. So, intention would be the non-linear device required for heterodyning in all energetic processes.

The Zeta was asked about the similarity of processes used in healing (see chapter, *Health and healing*) and in the making of a synthetic quantum environment or SQE (see section, *Synthetic quantum environments*). Both were said to involve a quantum process. Specifically, they were asked if the transfer of “*the quanta information of the cellular structure of a human body*” during healing was at all like the quantum entanglement process used in creating an SQE. They replied enigmatically, “*That question will require much more background information because the comparison between quanta and entanglement and synthetic quantum environment has relationship but also is difference, not different, a difference.*”

The emphasis on “*difference*” is incomprehensible until the reference to the heterodyning process is recognized. The Zeta’s response hints that the difference heterodyning frequency is related to very dissimilar processes like healing and creating a synthetic quantum environment. These are among several applications of the

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heterodyning process explored with the Zeta in the following sections.

15.2.1 Raising a state of consciousness

In the following interview segment, a Zeta was asked to confirm that the heterodyning concept was more than an analogy, and that it accurately portrayed how a being could shift its vibrational state.

Interviewer: Humans have a technology that passes two input frequencies into a non-linear device. That is, the inputs are combined so that the output frequency is the difference between the two input frequencies.

Zeta: *I understand.*

Interviewer: Does some of your technology combine a low frequency of consciousness with a higher frequency of consciousness, to produce a frequency that is the difference between the two?

Zeta: *No.*

Although the Zeta immediately understood the concept of the heterodyning process, they denied that the race has a technology that processes states of consciousness in this way.

Interviewer: As a hypothetical example, suppose a human with a state of 8 cycle/sec, communed in love with another being who has a state of 32 cycles/sec. Does a difference frequency of 24 cycles/sec temporarily take the place of the human's 8 cycle/sec frequency so that the human feels the love from the higher difference frequency?

Zeta: *Yes it does, and then of course once the other being of the higher vibratory nature removes itself from the reality of the lower waveform, the lower waveform reinstates itself because its natural environment reimpliments its normal state of frequency.*

Interviewer: So the human would feel the love of the higher frequency?

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Zeta: *Yes, of course.*

The Zeta agreed that the race does use the heterodyning process to shift states of consciousness. It is not implemented as a technology, but is performed directly by a being's consciousness to raise its vibrational state. The process requires the cooperation of an entity that is at a much higher vibrational state.

The lower-vibration being begins with a loving appeal to the other entity while simultaneously presenting the lower vibrational state as one input to the heterodyning process. The emotion of love increases a being's capacity to be in a higher state of consciousness. In response, the other entity offers its higher vibrational state as the other input. The resulting heterodyning difference frequency persists only as long as the higher-vibration entity *intends* to share it with the lower-vibration being.

Every being has a “*highest possible frequency*” and is normally unable to sense vibrational states that are higher than that limit. So each being has the equivalent of a low-pass filter which rejects the sum heterodyning frequency that is theoretically produced. The filter also prevents the lower-vibration being from sensing a higher difference frequency on its own. But the entity with the higher vibrational state has the ability to share a high difference frequency with the lower-vibration being. The shared resonance ceases when the higher-vibration entity departs, and the lower-vibration being returns to its former state.

In a later interview, the subject of heterodyning was raised again, and the Zeta offered more information about the process.

Interviewer: We recently discussed with you a process for obtaining a difference frequency in the energetic realms. When a low frequency entity intends to commune with the higher frequency of another cooperating entity, it moves to a frequency that is the difference between the two frequencies. You confirmed that this process works.

Zeta: *But the higher frequencies, the higher consciousness, only*

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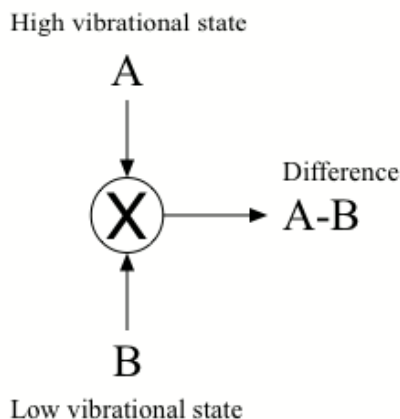


Figure 15.1. Heterodyning vibrational states

donates a portion of their consciousness to exist in the lower form. The lower form increases its totality to then create the intermediary process. The higher form, the higher level of consciousness, only commits a small portion that is required, because the levels of consciousness that are held by different entities are of different levels of magnitude.

Their reply indicates that the heterodyning process is not a burden for the higher-vibration being. The energy of the higher state of consciousness is always much greater than that of the lower state of consciousness, and the process takes only a small amount of energy from the higher-vibration being. We could take this comment as *carte blanche* to experience the higher states of consciousness that the heterodyning process offers.

Figure 15.1 shows a schematic of heterodyning a low vibrational state B with a higher vibrational state A. In the absence of the higher-vibration being's intention, heterodyning does not occur and

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the low vibrational state does not change. But when the higher consciousness *intends* to share its higher state of consciousness, “*the lower form increases its totality to then create the intermediary process*”, the difference A-B.

15.2.2 Connecting with other races

The medium, Paul Hamden, discussed the process of connecting with a number of extraterrestrial races in “*Applications of the heterodyne analogy*.” Each race, including the human race, has a characteristic vibrational state. In order for beings from two races to communicate, their energies must be adjusted to a common vibrational state. As the Zeta said, “*For connection purposes, ... as there are many energies that are in existence, then for them to come to being to exist for connection purposes, there must be some point of interconnection in regards to the process of frequency and resonation of frequency.*” The heterodyning process could form the required common frequency from the “*many energies that are in existence.*” One vibrational state from a being of each race could be selected as inputs to the heterodyning process, and the shared difference heterodyning frequency would be the connection frequency for communication.

The discussion used frequencies in cycles/sec that were given by a Zeta as analogies for the ordinal vibrational states of their race compared to the base vibrational state of the human race. According to the Zeta, “*The base frequency for Zeta is 10 cycles at a level where an entity is not requiring a separated level of consciousness. But there are other levels of frequency, 16 would be where a being would be in separation from self for a short time, 32 cycles is required to be in a permanent cycle of separation. We have seen that humans are between 7 and 8 cycles, some lower, some higher, depending on the frequency a human holds.*” The numerical values indicate relative differences in vibrational states, but will be taken as actual frequencies for the purpose of this discussion.

Heterodyning a Zeta frequency of 16 Hz with the human frequency

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of 8 Hz would yield a difference heterodyne of 8 Hz. Of course, this is the same as the human's normal frequency and offers no advantage for connection with the Zeta. Connecting with a 16 Hz Zeta being may require collaboration with other beings, perhaps a being in the spirit realm.

For example, a 24 Hz spirit realm being might heterodyned with the 8 Hz human being, and the result would be a difference frequency of 16 Hz. The spirit being would resonate with the human at the 16 Hz frequency, and offer the same opportunity to a waiting 16 Hz Zeta being. The spirit being could then depart while the Zeta maintained the resonation with the human and continued the connection process.

The Zeta was asked if the medium's frequency was heterodyned with the higher frequency of a spirit friend in order to experience a difference frequency close to, or the same as, a Zeta frequency. The Zeta responded, "*No, there is a potential created that we move into. There is no capacity to create the consciousness of the race, but we require a space to move into.*" They clarified that the heterodyning process does not create a frequency, but rather it creates a potential for the frequency to exist.

This is a subtle but important distinction concerning the heterodyning process in general. The process does not create the difference frequency, because frequency is a property of consciousness, and consciousness cannot be created. Rather, heterodyning creates the potential for a consciousness of that frequency to enter. So the spirit being and the medium create a space where they resonate at the difference frequency. This space is then at a potential compatible with the Zeta's frequency, thus facilitating the connection. Perhaps it would be more accurate to say that the heterodyning process creates a difference potential rather than a difference frequency.

The medium uses variations in breathing to adjust the energy required for connection. Does he relinquish control of his breath work to the Zeta when he resonates with it at the difference frequency? The Zeta answered, "*The breathing processes are often*

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left with the local consciousness which understands its ability to increase or decrease the levels of energy required. But once a entity takes over, it then utilizes its capacity, inside the framework of consciousness that it now exists in, to permeate the current existence. Quite often, no breath work is required once there is the possession of that space.” Note that the Zeta implicitly agreed that resonance at the heterodyning difference frequency occurs as suggested.

A one-step connection procedure is also possible when the 8 Hz human being heterodynes with a 32 Hz Zeta being. In this case, the difference potential is at 24 Hz, which facilitates the resonance of both the human and Zeta states of consciousness at that frequency. A Zeta agreed that the human would feel the love resulting from the significantly higher 24 Hz difference frequency. The Zeta connects with the human while both are resonating at this frequency. It should also be possible to add the second step so that a 24 Hz spirit being moves to resonate with the 24 Hz difference potential to establish communication with the human as the Zeta departs.

So with the heterodyning process, a 24 Hz spirit being may assist a 16 Hz Zeta being to connect with a human. Also, a 32 Hz Zeta being could directly connect with a human, or assist a 24 Hz spirit in the spirit realm to connect instead. These insights are based on a simple model which may only approximate what is actually possible.

In any case, a human's desire to connect is merely a prerequisite and is not enough to make it all happen. The Zeta and any spirit being involved must have the intention to resonate with a human who desires connection.

The heterodyning process was employed several years before the relevance of the concept was recognized. It enabled the medium to communicate with an interdimensional race called the Blue Beings. A being of the race said, *“But for you to get to this point where we could share has taken a few years. ... We entered into an agreement with other energies to allow a resonance which would bring you to a place of joining with us hopefully without a problem in the*

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processes.”

Hamden (2010, p. 39) elaborated further on making that connection, *“These blue beings described themselves as ‘bodiless’. Their energy was very loving and kind. Unfortunately, for us to gain access to them in circle, we had to ‘vibrationally stand on the shoulders’ of other beings. This turned out to be somewhat like a ladder process. We would need to assimilate into the group-energy various entities. As each one came and went, the next would arrive and speak, until finally we were able to speak to these ‘blue beings’.”*

The procedure for changing the medium’s energy so that he could connect with the Blue Beings appeared to require sequential applications of the heterodyning process involving beings with other vibrational states. The difference frequency from one pair of inputs was heterodyned with the vibrational state of another kind of being, and this was repeated several times. The choices of states to be paired in successive steps would have been constrained by the start and end states and by the differencing operation that is part of the process.

15.2.3 Self-healing

The Zeta described the relationship between the physical and etheric bodies, and the role of the local consciousness in maintaining the physical body. The optimal form of the physical body is specified by a blueprint encoded as potentials of the local consciousness.

A healthy, uninjured physical body conforms to the consciousness potential or blueprint defining the body. The Zeta said, *“The etheric body understands its potential. It seeks to continually keep the physical body to that potential.”* The consciousness potentials of the blueprint are communicated to the physical body via a heterodyning process. In Figure 15.1, the consciousness potential is the high vibrational state A, and the physical potential is the low vibrational state B. The latter changes to heterodyning difference potential A-B when the local consciousness has the intention to heal.

The interviewer proposed to the Zeta the following heterodyning

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scenario for the self-healing process.

Interviewer: In the healing situation, the local consciousness potential is a higher frequency and the physical potential is a constant lower frequency. The local consciousness has the intention to heterodyne its frequency with the physical frequency. The difference frequency is imposed temporarily on the physical potential. Since the difference frequency follows the frequency of the consciousness potential, it is able to guide the healing process.

Zeta: *Yes, of course.*

The Zeta's response confirmed that the heterodyning process can communicate information across vibrational boundaries. The etheric body holds a template that guides the repair of the physical body. The varying consciousness potential or body blueprint and the constant physical potential produce a heterodyning difference potential that follows the vibrational states of the consciousness potential.

The self-healing process is discussed more extensively in the chapter, *Health and healing*.

15.2.4 Creating a SQE

In "Synthetic quantum environments", a technology is discussed that was supposedly given to a human agency by a race of the extraterrestrial Grey species. The humans named it a "synthetic quantum environment" or SQE, and described it as "*a fold in the time-space continuum in which the Grey extraterrestrials have established an 'artificial holographic planetary domain'.*"

The Zeta confirmed, "*There is a device that is used to create the unfolding of the special process and then once the cavity, I believe would be the word, is created, it is then populated with the correct molecular image that will then represent the environment that was to be used for exchange of energy and information.*"

The SQE is a container that can be populated with any content copied from elsewhere, including the physical realm. It is a non-

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physical environment that the Zetas use to conduct non-destructive simulation experiments. It exists for “*the purpose of experience*” and “*as a place of learning.*” It is “*an energetic existence that is separate to your own, something like a holographic existence.*”

As mentioned earlier, the Zeta hinted that the creation of an SQE also uses the heterodyning process. So the interviewer presented a proposal to a Zeta that explains how a physical environment might be copied to an SQE.

Interviewer: In the SQE creation situation, a constant high frequency input is provided by a Zeta being. The low frequency input is from the physical environment to be copied. The intention to produce the difference frequency is provided by the Zeta. The output of the process is the difference frequency. It follows the variations in the physical input frequency, since the Zeta frequency is constant. This difference frequency then becomes the input to the creation process that creates the SQE.

Zeta: *The SQE is the potential, the lower frequency is the matrix of reality, the form that is to exist within the environment. The Zeta, as you say, create the potential for the other possible lower potential to create the form. The form performs a function. For us it is irrelevant whether the form is seen as high or low potential. What must be created is the form. An example is that the timeline of a human may be created. What offers the most stable potential for us to view that framework that has been created, will be offered to the technologies of the SQE. It is the form that takes priority.*

The Zeta’s response appeared to acknowledge the validity of the proposed scenario and added further details. They emphasized that the SQE container is a technology separate from the forms created inside it. The Zetas have the intent to create the SQE, and provide a constant reference potential as one input to the heterodyning process. In Figure 15.1, this is the input labeled A. The second input, labeled B in the figure, is the variable potentials obtained from a “*matrix of reality*”, the environment to be simulated.

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The level of the reference potential is not critical since the vibrational state of the created forms is irrelevant. The stability of the created forms appears to vary under different conditions, and the most stable result is determined empirically by viewing a created framework. The corresponding difference potential is presented to the SQE technology which creates the forms in the container.

In another discussion, the Zeta said, “*So depending on what you wish to create and preserve as an environment, would determine the level of quantum entanglement that is required by a being that is to synthesize the energetic entities.*” The meaning of “*level of quantum entanglement*” was not understood then, but now an interpretation related to the heterodyning process is possible, and this was presented to the Zeta.

Interviewer: I suggest that the level of quantum entanglement relates to the level of consciousness provided by the Zeta being to the heterodyning process. This would determine at what difference frequency or level of consciousness the SQE is created. Is this understanding correct?

Zeta: *The SQE always holds a form. It always exists within a framework of technology. What is input into it, determines what is created within it. It is not a fully act of consciousness, but a mixture of technology and consciousness. It is a framework that allows itself to be given input which then creates the internal form.*

The reply indicated that the proposal may have been correct as far as it went. The Zeta added that the SQE container is designed to always hold a form. The contents of the container will change when an input is provided, and the new contents are created by consciousness aided by technology. The vibrational state of the created forms is determined by the difference potential, labeled A-B in Figure 15.1. Of course, the average level of the difference potential is a function of the constant reference potential offered to the heterodyning process.

Can we now say what is meant by the “*level of quantum*

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entanglement”? The level likely refers to the reference potential that produces the most stable difference potential. The best performing level is contingent on “*what you wish to create and preserve as an environment.*” It may be data-dependent.

With respect to quantum entanglement, the SQE was described as “*a mirror image process*”, which is consistent with the human understanding of quantum entanglement. Perhaps the Zeta meant that the heterodyning difference potential is the mirror image at the quantum level of the original “*matrix of reality.*”

15.3 Discussion

The applications reveal that the heterodyning process is a general tool for making things happen in and across realms. It shifts and modulates physical carrier signals in radio systems, and it can also perform similar useful functions in the energetic realm.

As part of the process of creation in the energetic realm, heterodyning modulates the creator being’s “*highest possible frequency*” with information about the thing to be created. Also, heterodyning can help raise a being’s state of consciousness. We are free to use this process, since it does not burden the higher-vibration being that is involved.

Heterodyning can also transfer information between the energetic realms and the physical experience. For example, when the body self-heals, its blueprint information is communicated from the energetic realm to the physical experience. As another example, information in a physical “*matrix of reality*” is communicated from the energetic realm when forms are created in a synthetic quantum environment. So the heterodyning process can transfer information in both directions across the apparent boundaries separating physical and energetic realms.

16. Heterodyning multiple dimensions

Summary. The heterodyning process changes the state of vibration of a consciousness. A human provides one vibration as input to the process, and the other input is from a higher-vibration entity. The vibration of consciousness has more than one dimension, and the article discusses whether the heterodyning process can accommodate multiple dimensions. The Zeta's comments indicated that dimensions of vibration are independent and the heterodyning process should be applied to one dimension at a time.

Vibration is usually considered to be one-dimensional, but comments by the Zetas indicated that it has higher dimensionality. It is better represented by a multidimensional model, $V[i][j][k][...]$, that is infinitely extendable into as many dimensions as required. The derivation of the model is described in the earlier chapter, Multidimensional vibrations.

Figure 16.1 shows a drawing of a two-dimensional subset of the model which is sufficient to locate hypothetical human vibrational states. The subset is represented by the matrix, $V[i][j]$. In the drawing, the i th axis represents "Physical type of vibration" and the j th axis represents "Harmony." The i th axis shows hypothetical positions of the etheric realm and the higher-level astral and spirit realms as base vibrations on that dimension. The bars extending from the i th axis represent beings of each type of vibration who have

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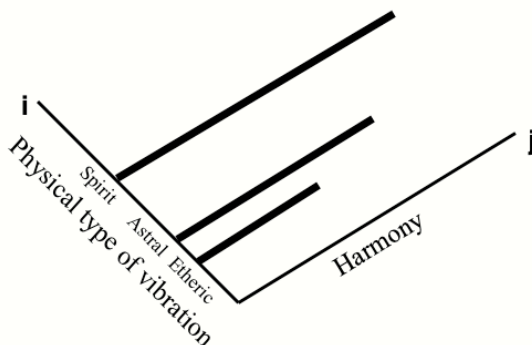


Figure 16.1. A two-dimensional model of vibration.

developed a certain amount of harmony represented on the **j**th axis. So a being's place in the model is a function of **i**, a base vibration, and **j**, the being's highest possible state of harmony.

The geometric model is useful for understanding the nature of these dimensions and the relations among them, and the process of heterodyning is useful for moving to other states of vibration on a dimension. Heterodyning allows the vibrational state of one being to interact with that of another being so that they may resonate together at yet another vibration. The two beings cooperate to create a potential at the difference between their vibrations. The vibrational state of each being is then moved more easily to that potential so they resonate at the difference vibration.

However, more than one dimension of vibration clouds our understanding of how heterodyning works. Which of the dimensions of vibration participates in the process at a given moment? The conversations with the Zetas provided some answers.

16.1 More than one dimension

It is possible for the Zetas to modify their state of vibration on the *Harmony* and the *Physical type of vibration* dimensions shown in Figure 16.1. Some of their comments help to understand whether or not this can be done simultaneously.

A Zeta said, “*There is a potential for beings of races to exist in the different forms of physical frequencies. It does not mean that the physical form is disassociated permanently from its nominal state. It means that we have capacity to exist in a different level of physical capacity.*” That is, a being can take on a vibrational state different from its usual state of being. The level of physical capacity would refer to a point on the *Physical type of vibration* dimension shown in the figure.

They added, “*If we choose to exist in a finer level of physical frequency, then we would be not seen in the normal spectrum of a human.*” The Zetas can voluntarily shift their vibration so far along the *Physical type of vibration* dimension that they cannot be seen by humans in their normal vibrational state. Shifting far enough could even take them to the astral realm as suggested in Figure 16.1. Certainly, the astral existence is typically not experienced in the human waking state.

Further, they said, “*Some would utilize technologies to increase the frequency of the molecular bond of the physical structure to not be seen by a human eye.*” The *Physical type of vibration* parameter is manifested as the vibration of molecular bonds in physical matter. The Zetas have technology that can increase the rate of vibration of molecules. The object of matter then dematerializes so it no longer exists for beings still in the lower state of vibration. An example is the Zeta craft which can materialize/dematerialize using such a technology.

The same can be done to a physical human body. The Zeta said, “*A human in a physical form may be of a certain vibrational nature, but they still hold a physical form. Another human who is of the same*

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physical form may have relationship with a higher self or other entities. Those entities may accurately deconstruct the physical capacity of the human's molecular structure so that the human selves are seen to dematerialize." The human body can be made to dematerialize by heterodyning with another higher-vibration entity, perhaps even its own higher-self. The body dematerializes when its *Physical type of vibration* shifts to a higher heterodyning difference potential.

In general, the heterodyning process can change the vibrational state of any matter. The Zeta said, "*It would be more accurate to say that under the appropriate heterodyning process that all matter can be changed.*" The difference potential created by the heterodyning process determines the new position for the vibration parameter on the *Physical type of vibration* dimension. If it is shifted far enough, the matter dematerializes relative to an observer in the original state of consciousness.

Is there a relationship between the *Physical type of vibration* parameter and the many vibrational states of the etheric body? Are they independent or must the etheric body vibrations resonate with the vibration of the physical type parameter? According to the Zeta, "*We said to you before that the etheric body held many frequencies. Those frequencies can be any value.*" That they can be any value indicates that the etheric body vibrations are not constrained by the *Physical type of vibration* parameter. Since the dimensions of vibration are indeed independent, increasing the *Physical type of vibration* parameter on the *i*th axis should not affect the being's state of harmony.

Can an overall state of vibration be calculated for the heterodyning process? Such a combined vibrational state might be realized as the sum of vectors in the model representing each dimension of vibration. However, the summing operation assumes the variables are rational numbers. Since vibrations are represented on an ordinal scale, they cannot be summed.

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The alternative is to treat individual dimensions consecutively with the heterodyning process. The intention required by the process can presumably discriminate among dimensions. For example, to move along the *Harmony* dimension, a human would choose any higher-vibration being known to be very loving. The intention would be to heterodyne the current human vibrational state of love with the love of the higher-vibration being. The difference vibration would then raise the humans's vibrational state on only the *Harmony* dimension.

The ability to choose the dimension that is to enter into the heterodyning process is supported by the Zeta's comments. The Zetas can "*choose to exist in a finer level of physical frequency.*" This choice adjusts the *Physical type of vibration* so they "*would be not seen in the normal spectrum of a human.*" A change to that same dimension alters the vibration of molecular bonds. Even humans can change the state of materialization of their bodies in this way with the help of a higher-vibration entity. The heterodyning process would change the position on the *Physical type of vibration* dimension in order to affect the state of materialization.

If the *Physical type of vibration* dimension can be chosen as the sole input to the heterodyning process, so could the *Harmony* dimension. The dimension selected would depend on what is to be accomplished. For example, if a body is to dematerialize, the *Physical type of vibration* dimension is the appropriate focus of intention. If the purpose is to raise one's state of love, then the *Harmony* dimension should be the focus.

We may conclude that the inputs to the heterodyning process should be either states of harmony or the states of physical type of vibration. The heterodyning process, if successful, will create a difference potential that corresponds to the choice of input dimension. After the difference potential is created, the human state of harmony or the human's physical type will shift to the difference vibration on the appropriate dimension.

17. Resonance across timelines

Summary. *A model of vibration is extended so that a human has multiple etheric states rather than just one. This led to a discussion of the incarnation process placing threads representing the human spirit on many timelines. Resonation of an individual's etheric states across timelines links the threads. Under certain conditions, the consciousness of each thread can passively monitor other threads' activities on resonating timelines.*

In the chapter, *Multidimensional vibrations*, a model of vibration was developed. Figure 14.1 shows the model limited to three dimensions. The human race exists on the **ij** plane of the model. One axis of this plane, the **i**th axis, represents the base vibration of the physical type. The **k**th axis represents possible non-physical types of existence. The remaining axis, the **j**th axis, represents the harmony or “state of love” dimension that contributes to the highest possible vibration of a physical type.

A human's vibrational state is $V(\mathbf{i}, \mathbf{j})$, a function of the position on the **ij**, or physical, plane. The physical type or **i**th dimension has slots that represent the base vibrations for the etheric, astral and spirit types. They are all physical types because quanta in each realm are experienced as matter.

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The bars in the **ij** plane represent the vibrational states of hypothetical individual beings. The bar rooted in the etheric type of vibration gives the impression that an etheric being's position on the **ith** axis is at one location. New information from a Zeta indicates that this is not so. The model is extended in this article to show that the base vibration for the physical etheric type has multiple states.

17.1 Multiple etheric base vibrations

The Zetas identify a human, not by a name or a physical appearance, but by a vibration that the human holds. They refer to it as a frequency. They said, *"We would know who the human was by their prior frequency."* When they have sufficient reason, they identify a human by a frequency intrinsic to the etheric body - the etheric base vibration.

The Zeta said of a human they had identified, *"Humans are generally required to hold a frequency so they can be interacted. The normal frequency of the human is in many different states. These different states can exist all at the same time. So we changed the states to reflect one state."* To clarify which frequency, they said, *"An example is this. If you have an injury to one of your limbs, that limb will hold a certain frequency. The rest of your body will be a different frequency."*

The example confirms that the frequency in question is the etheric base vibration. It is the constant frequency continually present throughout the healthy etheric body so it can heal itself when the need arises. When the body suffers an injury, the constant frequency is distorted at the location of the injury to signal that healing should begin. The frequency was thought to be a single frequency, but this was contradicted by the Zeta. They said in the above comment, *"The normal frequency of the human is in many different states. These different states can exist all at the same time."* So the etheric base vibration normally consists of a number of constant vibrations. A drawing of the model with multiple etheric base vibrations is in Figure 17.1.

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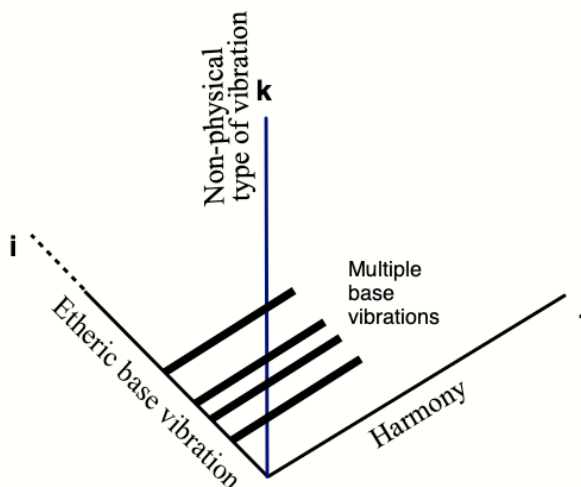


Figure 17.1. A human's multiple etheric base vibrations.

The Zetas used this etheric base vibration to identify a particular individual known to them. But they *“changed the states to reflect one state”* for that person; that is, they combined the multiple frequencies in Figure 17.1 to become one etheric frequency as in Figure 14.1. They said, *“It is an energetic frequency. So if the etheric body of the human is in disarray, then we will create harmony for the interaction process.”* The effect was to reduce the complexity or noise level for recognizing and interacting with the individual. They said to the person, *“We were able to use that remembered frequency to interact with you.”*

Explaining the process of identifying an individual gave the Zetas an opportunity to inform us about the more complex etheric base vibration. This new knowledge helps to explain why an incarnated spirit consciousness could be aware of experiences on more than one timeline. The remainder of the article discusses the role of timelines

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in a physical incarnation, and how the etheric base vibrations help to create awareness of oneself on other timelines.

17.2 Incarnation on multiple timelines

The Zetas told of the existence of multiple timelines that participate in the human incarnation process. They believe *“that the source energy has created multiple timelines and existences and dimensional processes for the ability to understand self; it is learning from facets of existence.”* The timelines are asynchronous physical existences that are differentiated by their vibrational state.

According to a Zeta, *“Humans are facets of consciousness made up of infinite shards or threads.”* During an incarnation, these *“shards or threads”* exist at different vibrational levels on many separate timelines. So a spirit incarnating in a physical body is comprised of many threads of consciousness, each born into one of many timelines. The spirit comes to experience one incarnation influenced by the many vibrational states of the various timelines.

The Zeta said, *“If the spirit realm is the onion, the timeline processes are the individual layers.”* That is, there is one spirit realm holding many timeline processes. Each timeline has a corresponding etheric realm, and so a stack of etheric base vibrations increasing in vibrational level may be represented in the **ik** plane as depicted in Figure 17.2. The **kth** axis in this case represents the increasing vibrational level of timelines. As the Zeta explained, the etheric base vibration on each timeline is actually a range of base vibrations along the **ith** axis.

We note in passing that the Zeta race exists on only one timeline, and so they have no direct experience of multiple timelines. They studied the human spirit realm timelines by simulating the incarnation process in their synthetic quantum environments. As they say, their knowledge of timelines is theoretical.

According to the Zeta information, a spirit realm incarnation is more complex and efficient than is generally acknowledged by humans. A

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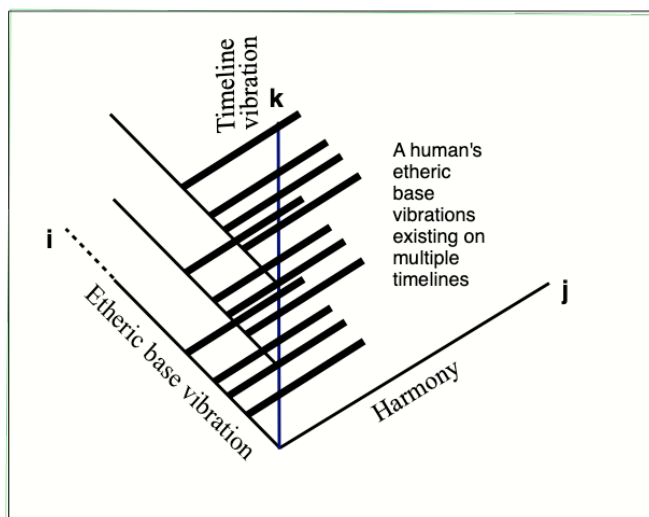


Figure 17.2. A timeline stack of etheric base vibrations.

human exists “in infinite realities in the same time, because the oversoul has separated itself into many forms, and thus existing in many physical manifestations you understand, and these are called timelines.” Further, “The possibility of multiple existences for you is a reality. Many of the existences, of living in that timeline, is of a non-synchronous process.” In a single incarnation process, a spirit consciousness lives many lives simultaneously but asynchronously on as many vibrational levels.

The incarnated human does not see itself as having multiple existences. The Zeta said, “The function of time or timelines is that it exists only for the observer, and so the observer, no matter where they are observing from, sees that point as the now. And so to believe that they are multiple humans on any timeline, that does not accurately describe how humans view themselves in a timeline

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process.” Each of the many instances of the spirit incarnation thinks that there is only its experience of the ‘now’ when actually there are many. But from the point of view of the originator of the incarnation in spirit realm, there is but one experience with many perspectives. These perspectives are supplied by instances of the spirit consciousness on the timelines. During one incarnation, the spirit’s higher-self benefits from experiences on many vibrational levels.

A Zeta said that there can be no influence by a physical body on a different timeline. Matter is normally experienced when quanta are transformed by the perceptual process. For a physical body on one timeline to move to another, the quanta defining the body would have to move to the vibrational level of the other timeline. Since a human cannot move matter to another vibrational state, one timeline could not physically affect another timeline.

On the other hand, a consciousness can have access to other timelines. The Zeta said, *“Consciousness is able to be spread across many existences, so when you come across a non-synchronous time, separation only exists in consciousness”* and *“Consciousness does not have barriers that are defined by structures of matter.”* Since consciousness is not constrained by timeline boundaries, the consciousness of a human on one timeline could overcome apparent separation and be aware of events on other timelines.

17.3 Resonation across timelines

As a general rule, an energetic boundary forms when two energies do not resonate. For example, when one energy is a being, the other may be a dissonant realm boundary. Conversely, two energies may coexist if they can resonate with each other. The same rules would apply to timelines. The vibrations of consciousness on two adjacent timelines may interact if elements of the timelines resonate with each other.

The previous section described an extension to the model in which etheric layers in successive timelines are stacked on the physical **ij** plane of the model, increasing in vibration along the **kth** axis (Figure

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17.2). Each layer of the stack has a number of etheric base vibrations that “*can exist all at the same time*” and that identify the individual. The etheric base vibrations on one timeline would resonate with the vibrations on an adjacent timeline that are vibrationally aligned or in harmony.

The resonance of the etheric base vibrations of two timelines increases the probability that a consciousness on one timeline will be aware of events on both timelines. When asked if a person’s behaviour on one timeline would be similar to their behaviour on a nearby timeline, the Zeta said, “*Yes, because each timeline is affected by the immediate frequencies around them.*” These timelines resonate when they have frequencies that are harmonically related.

A consciousness on a timeline can be influenced by a lower or a higher vibration timeline. The Zeta said, “*This is one time where the determining frequency is not based in lower or higher.*” In the perceptual process, a being behaves like a low-pass filter by rejecting vibrations higher than their own highest possible vibration. However, this particular dimension of the model - the resonance of timelines - is not affected by the low-pass filtering process. The consciousness of a spirit thread can be aware of the consciousness of its counterpart in either a lower or a higher vibration timeline.

Awareness of another timeline occurs when there is a leap of consciousness to another vibration. The leap does not appear to involve the perceptual transformation of quanta. The Zeta said, “*To transition from one timeline to the next is but a leap of consciousness, and even that leap is the same leap over and over. Like a thread, at any point on the thread you have moved away from the last point.*” Transformations of quanta are not mentioned, so the leap must be to a transformation already completed by the consciousness on the visited timeline. From this point, the visitor can passively monitor the experiences already generated by the owner of the visited timeline. The visitor cannot initiate new experiences without access to the visited perceptual process. Successive experiences by the visitor on the visited timeline are achieved by

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leaps to successive points where memories of perceptual transformations already exist.

The experience of the visiting thread of consciousness should feel like a passive replay of a memory, even though it might be generated in real time by the visited thread's perceptual process. Two such visits to another timeline were experienced by one of the authors while in a dream-like state. The visits felt as if they were experienced from the point of view of both the visitor's consciousness and the visited consciousness. There were no noticeable discontinuities or violations of physical laws that may occur in dream sequences. Times noted during both experiences indicated that the timelines were indeed asynchronous. The monitored events in the two visited timelines occurred about two years and forty years earlier relative to the visitor's current year.

18. A physics of materialization

18.1 A caution concerning semantics

In any analysis of ET communication, the ET's use of the English language may not exactly convey the intended message. This caution was given by an Anunnaki, another of Paul Hamden's ET contacts. He was asked about apports after some discussions with the Zetas on this subject had already occurred. He replied that *“they have been asked but cannot enunciate what is the process, because the Zeta beings are involved. What your understanding of molecules are and what the Zetas are calling them are two different things. Questions are based around the human language and of course this is going to cause problems at a technical level. The molecular structure of the universe has commonality, but another race will have different names for matter. Information for humans is based around theoretical information of the structure of the universe.”*

This was a warning that our use of a word may not correspond to the way the Zetas use the same word. It is our understanding that the Zetas speak to us using our semantic networks to form sentences. We have observed that sometimes they choose a word that is less

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appropriate for a given context than a related word would be (see the chapter, *A model of communication*). For example, the word *molecule* may have more than one meaning for us. It is either two or more atoms held together by chemical bonds, or it is simply "a very small particle." In the context of chemistry, we assume that *molecule* refers to the first definition. However, the Zetas have less experience with the English language in context and might use the word to refer to any small particle.

Similarly, the word *transmutation* has the general meaning of a change of one thing into another. But it also has the more specific meaning of a change of one chemical element into another via a nuclear reaction. So when the Zeta says that water is transmuted into something else, they may not necessarily mean that the hydrogen or oxygen atoms are converted to different elements.

18.2 Interviews with the Zetas

18.2.1 Interview 1 with Zeta #1

Interviewer: We need to get a handle on how energetic forms are manifested in the physical. We have a hint already, but the mechanism is unclear.

Zeta1: *Are you speaking on how a being would manifest consciousness into a physical form once it has traveled across many boundaries?*

There are also many states of physicality, many states of matter. Each state of matter is like a thinner and thinner lining or sheet. The gross matter of this physical reality is where humans live. The other "linings" are not seen. They would be seen to be like a silk fabric interwoven between the gross matter.

Once a consciousness has "thought" to a coordinate, it then intermingles with the finer physicality, drawing to itself the molecules of the process. Accompanying this is the energy of the existence (the energy bound to the matter), and the combined

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process of matter and energy form a materialized form into the gross state of matter. This has been called by the spirit realm "ectoplasm."

Interviewer: What is the matter in the finer physicality from which the molecules of the process are drawn? Where does that come from?

Zeta1: *They have always existed as part of the fabric of this universe. Your ability to see the light spectrum is inhibited, but you have the ability to understand that the scale of range of light is significant.*

Interviewer: Yes

Zeta1: *Not all matter is in a combined state as in existing as a solidified form. Much matter is in a non-combined state.*

Interviewer: Is an electron an example of matter in a non-combined state?

Zeta1: *Yes*

Interviewer: So matter elements like electrons, for example, exist with source energy?

Zeta1: *All states of matter exist with energy and consciousness. The finer matter is the non-combined - non-formed matter is utilized to create - to draw to a consciousness a framework of materialization or materiality.*

Interviewer: Is the non-combined matter a particular organization of source energy?

Zeta1: *It has a non-organized state.*

Interviewer: We were told that all is energy, suggesting that fine matter is of the same substance as source energy. Is this so?

Zeta1: *If you were to break down all of matter, it would be seen to be consciousness. Consciousness holding itself into conscious states creates matter. This is seen as certain elements, some of a finer framework, others of a gross process. As you breathe in oxygen, you*

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bring this to yourself as an act of consciousness. As a consciousness would bring to itself finer matter, it creates a process of materialization.

The Zeta explained that all matter is ultimately representations in consciousness. Particular states of consciousness create matter that ranges from fine matter outside of our experience to the coarse matter of our every-day existence. The granularity range of matter is analogous to the electromagnetic spectrum where we can see only a narrow band of visible light. The finer matter is described as thin discrete layers which are completely interwoven with the gross state of matter. The coarse matter is formed when consciousness “brings to itself” the finer matter.

The fine matter is not solidified and lies beyond our ability to detect. It is normally in a non-combined, non-organized state. This matter includes non-combined electrons. Consciousness focuses on a location, then draws bits of the fine matter to a “framework of materialization.” The fine matter and the energy bound to it is organized by this framework, and becomes the gross state of matter we call ectoplasm.

18.2.2 Interview 2 with Zeta #2

Interviewer: When we were in xxxxxx, we did table sittings and an apport came out of the middle of the air. The room was not dark at the time so we all saw where it came from. It just materialized from nothing. Can you tell me how that happened? What is the process involved for an apport to come to us on this side?

Zeta2: *The spirit entity would have a form or shape that they wish to devise as a method of manifestation that would materialize. They would have a mirror image of the physical entity but have the etheric form of it, and so they bring to the etheric form that, once the etheric form is populated with finer matter, the apport materializes.*

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Interviewer: So it's a mirror image of something that's in, for example, in the spirit realm?

Zeta2: *No, my friend, it may be an apport that exists from within the physical realm.*

Interviewer: So it's moved from one place to another?

Zeta2: *No, it is a mirror image of something that already exists. All physical matter has an etheric body. The etheric body is copied, which is an easy task for a spirit being.*

Interviewer: So it's not something that's taken from one place to another.

Zeta2: *It was created by man. The spirit brings within the... a copy of the etheric body of the item that is to be materialized.*

Interviewer: Can you tell me, is the copy exactly the same size, shape, colour?

Zeta2: *Yes, it must be.*

Interviewer: So it's not something that's bigger, and then materialized as smaller, so it's exactly the same size, made of the same substance?

Zeta2: *Yes, down to the finest particle.*

Interviewer: Explain to me what circumstances are needed for that to happen... what conditions have to be maintained for an apport to come?

Zeta2: *The spirit entity would have strong contact with the medium. They would be able to manufacture much of the matter from the medium's body.*

Interviewer: From the medium's body, did you say?

Zeta2: *As the etheric image of the apported entity is populated full of fine matter, much of the substance of the apport is based on the medium's physiology. This is why apports are able to be manifested through a medium's physical being.*

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Interviewer: So are you saying that ectoplasm is used in most materializations of apports?

Zeta2: *Yes.*

The Zeta explained how an apport may be created. A copy is made of an existing object's etheric body, and the mirror image of the copy is filled with fine matter. The object then materializes using a process that involves the use of ectoplasm. Much of the matter in the apport is manufactured from the medium's body.

We did not understand how the material for apports could come from the medium's body. For example, the apport shown in Figure 18.1 was received by one of the authors in the presence of the medium,



Figure 18.1. An apport of brass.

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Kai Muegge. It consists of about 50 gm of brass. This amount of brass, an alloy of copper and zinc, would be impossible to accumulate from within the medium's body. The body of an 80 kg person contains only about .16 gm of copper (see [Copper](#) URL) and about 2 gm of zinc (see [Zinc](#) URL). Clearly, there is more to learn about this process.

18.2.3 Interview 3 with Zeta #1

Zeta3: Water, all mediums are drained of water in ectoplasm displays, and oxygen.

Interviewer: I would like to pursue further what happens to the oxygen.

Zeta3: Breathing provides the catalyst to create energy, water provides the molecular structure for ectoplasm - no water, very little transmuted water is available for ectoplasm.

Interviewer: But it has to change its atomic structure to make apports, and probably ectoplasm.

Zeta3: Yes, but I'm considering if a word even exists to accurately describe in a chemical sense what the ectoplasm is, as if, the word does not even exist in the human language to determine its proper structure.

Interviewer: Ok, then lets talk about apports. We know what it ends up as.

Zeta3: The chemists determine the proper molecular structure for the apport sequence. The zeta race determines if the physical body of the medium can create the required elements for the apport.

Interviewer: I doubt that, the medium would not have had enough copper in his body to make that brass apport.

Zeta3: As stated, transmuted molecules are used to provide basic templates, and then other fine matter is used to fill in the gaps. It's completely possible to use other matter apart from the medium, except the medium is the conduit for the apport, so some matter is

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required to support the conduit of the materialization of the apport through the medium.

Interviewer: Where is that stated?

Zeta3: *I am stating it!*

Interviewer: Well, we were told earlier that all the material comes from the medium's body.

Zeta3: *Yes, but as in all things, there is flexibility. If one factor is not enough, others are then brought into play. The medium may not be able to produce the required chemical compounds, so an apport will still be constructed using other means.*

Interviewer: So some apports are made of material not from the medium?

Zeta3: *Yes, but as stated before, some small amount of material is required to support the materialization process, so even a few molecules will be used to support the transition.*

Interviewer: You mean as a seed.

Zeta3: *If the medium's capacity to provide material is sufficient then it is taken. Yes, a seed is comparable. As ectoplasm is primarily water based, it is used by spirits to manifest through the life force. Or to put it another way, as the water has been taken from the medium's structure, the etheric portions of the water structure are used to create the ectoplasmic structure combined with the matter from the medium.*

Interviewer: So why the emphasis on oxygen?

Zeta3: *So it is seen that ectoplasm is primarily two substances energy and water; it's a primary function of oxygen to create the stimulated environment to allow much increased energy to be created ... this energy is then withdrawn from the body of the medium and combined with matter to form ectoplasm, and as stated, the chemists, as they are called, will aid in the formulation of the structure of matter.*

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Interviewer: Combined with which matter?

Zeta3: *Water.*

Interviewer: That means ectoplasm is made from oxygen and hydrogen from the water, combined with energy from oxygen.

Zeta3: *Yes, but there is a certain consciousness to the ectoplasm as well. Its not simply a matter of a construct based in matter. The consciousness is required to determine the proper usage of the ectoplasm, so the consciousness of a spirit is utilized to allow the usage of the ectoplasm, else there would be no structures. So this is why and how materialization is produced in a sitting.*

Interviewer: The spirit makes something like an etheric body, this would be a kind of template?

Zeta3: *Yes, template.*

In the previous interview, we were told that materialized matter is manufactured from the medium's body. In this interview, the Zeta added that it is primarily the water in the body that plays a role in the creation of ectoplasm. Also, water is said to be particularly useful to spirits *"to manifest the life force."* Perhaps this is a reference to the life-like motions seen in formations of ectoplasm made by spirits. So energy and water are the basis for ectoplasm.

Water provides the molecular structure, so all mediums are depleted of water when they help to create ectoplasm. The water molecules are changed in some way by spirit consciousness, and the etheric portions of the resulting structures become templates needed to construct the physical form. The gaps in the templates are filled with the fine matter described earlier. This fine matter is combined with spirit energy to cause the ectoplasm to materialize.

Creation of an apport appears to be a little more complex. The Zeta said that *"the chemists determine the proper molecular structure for the apport sequence. The Zeta race determines if the physical body of the medium can create the required elements for the apport."* The

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chemists, as told to the medium Kai Muegge, are spirit guides who have access to entities called “enablers.”

The “chemists”, as they are called, stand in an array of spirit guides that reach up into the higher spheres of the “enablers”, where the mediums sub-consciousness is connected with mighty archetypical cosmological potentials and patterns that reveal themselves as Aliens or Gods. They seldom speak, but everybody of us is connected with these higher entities! They allegedly enable, monitor and control the interdimensional communication to prevent space- or time-paradoxes during the communication attempts (see [Chemists URL](#)).

According to Kai Muegge, we would perceive these “enablers” as aliens or god-like entities. They operate at a very high level to ensure the proper functioning of our space/time existence. The chemists do the required chemical analyses with the help of these enablers, while the Zetas determine if the medium's body can create the components of the apport. It appears that producing an apport is done cooperatively by the chemists, the enablers, the Zeta race, and the medium.

As was the case for ectoplasm, the Zeta said that “*transmuted molecules are used to provide basic templates*” for constructing an apport. A transmuted molecule may be one that was dissociated in order to obtain a component of the molecule such as a metal atom. These are accumulated from the medium's body if there are enough there. Otherwise, the Zeta said, “*It's completely possible to use other matter apart from the medium, except the medium is the conduit for the apport, so some matter is required to support the conduit of the materialization of the apport through the medium.*” The Zeta reiterates, “*some small amount of material is required to support the materialization process, so even a few molecules will be used to support the transition.*” In other words, if matter from a source other than the medium's body is used, a small amount of it must be introduced to condition the *conduit of the materialization* so it is in the proper state for materialization of that kind of matter. In this

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state, the etheric template copied from the etheric body of the original object is filled with fine matter. This fine matter is then combined with spirit energy to create the physical apport.

The Zeta said in the interview that *“breathing provides the catalyst to create the energy”* for materialization. Also, *“it's a primary function of oxygen to create the stimulated environment to allow much increased energy to be created.”* The importance of breathing and the role of oxygen in increasing spirit energy was also mentioned by a Zeta in a sitting about three years earlier. The sitters had noticed an increased tendency to yawn.

We need a certain energy to produce the contact. This is why the breathing became a "larger issue." This expels the energy needed for contact - this process works by stimulating the oxygen in the blood, thus increasing the electrical discharge you provide us.

It is known that deoxygenated hemoglobin absorbs more electromagnetic energy than oxygenated hemoglobin at the lower frequencies of the visible spectrum. Whenever oxygen is taken up by hemoglobin, the energy displaced from the molecule would be taken up by the etheric body. Breathing would indeed be the catalyst for creating the energy for materialization, and the need for oxygen by the body would be the basis for creating such additional energy.

According to the Zeta, *“this energy is then withdrawn from the body of the medium and combined with matter to form ectoplasm, and as stated, the chemists, as they are called, will aid in the formulation of the structure of matter.”* The chemists have a role to play in specifying the molecular structure of ectoplasm as well as apports. The creation of ectoplasm is therefore a joint project of the chemists, the enablers, and the medium, without the participation of the Zeta race.

18.2.4 Interview 4 with Zeta #2

Interviewer: We were wondering if there was a limit on the size of the apport.

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Zeta4: *That is dependent upon the ability of the spirit team as to what control of energy is capable of.*

Interviewer: Is it possible to apport a living being like a cat or a dog, or smaller like a mouse or a fly?

Zeta4: If you have the technology, you are able to transfer it.

Interviewer: Would it have a soul?

Zeta4: *When we wish to place ourselves into another physical environment, we are able to form our consciousness to that point, and then create a process of materialization. But that is consciousness moving against itself, and then populating that. And so when you ask that question, a question of ethics then becomes the real discussion. If you are to transport a living entity with consciousness, you will not be producing the consciousness of the entity. And so it will be a rejected entity. It would not have life. It would arrive dead.*

Zeta4: *Do you believe that all of the apports are copies of another entity?*

Interviewer: This is what you have told us, I believe

Zeta4: *There is no guarantee that the same process is followed by the spirit.*

Interviewer: An apport can be made using different processes?

Zeta4: *An apport may be dematerialized and rematerialized. It does not necessarily need to be a copy. It would depend on the spirit's intention. And what about an apport that never could have existed, but is created by a spirit entity, and then materialized?*

Interviewer: There is another phenomenon that seems somewhat similar, and that is teleportation. This occurred in the Scole experiment where a ping pong ball on the table reappeared inside a sealed aquarium, a glass container. Can you explain how that ping pong ball appeared inside that sealed container?

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Zeta4: *The etheric body was moved to the other physical location, and matter then followed (if that was the process).*

Interviewer: That means then that the matter did not pass through the intervening space. Where did the matter go as the etheric body moved from one location to the other? Is the matter still in our physical world somehow?

Zeta4: *There would be two ways to accomplish this. One would be to repopulate the etheric body within its container and discard the previous matter, or to, in some form, to reconstitute the matter and allow it to pass through the container and then repopulate the etheric body.*

In this interview, additional questions were posed that were related to the creation of apports. We learned that the process cannot be used to successfully transport conscious entities. The apport process copies an object's etheric body, but does not include in the copy a consciousness that may be attached to it. Consequently, an apport of a physical living body will arrive lifeless. This is in contrast to a consciousness being able to place itself at another location and then to materialize a container for it to occupy.

We also learned that an apport is not necessarily a copy of an existing object, but may be an existing object teleported to a new location. When an object is teleported, the etheric form of the object is moved or is replaced with a newly created etheric form. In either case, matter is perceived at the new location of the etheric body.

Finally, we learned that an apport may be an entirely new physical object based on an etheric body created by spirit. An example of the latter is shown in Figure 18.2. The apport was received from the medium, Kai Muegge, by one of the authors in a séance while there was sufficient red light for him to observe. The medium's hand was extended with the empty palm facing down. The object came into existence with a brief twinkle of white light directly under the palm and then dropped into the observer's waiting hands. The spirit control spoke through the medium, *"This time we have embedded for*

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you visible portions of ectoplasm. You can see it. It's the first time that we opened the crystalline structure and embedded certain portions of ectoplasmic substance to see afterwards.”

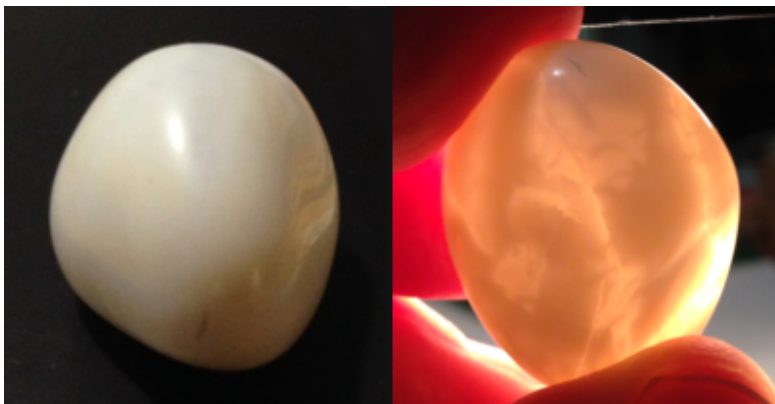


Figure 18.2. An apport that was seen to come into existence:
Front-lit in left panel, back-lit in right panel.

Interesting internal features are visible by back-lighting the crystal. The right panel of Figure 18.2 shows images of two human heads, drawn with ectoplasm according to the words of the spirit control. A female head with a big hairdo is visible in the lower part of the crystal, and a male head facing downward is in the upper part. It is very unlikely that two such representations are natural crystal formations, so the etheric body of the apport must have been created, or at least modified, by the spirits involved.

18.3 Additional clues about the process

During a subsequent sitting, the Zeta offered more information about how apports are created. *“The new apport, the etheric body of the apport, is brought to the physical location where the apport is to manifest, and it is populated in carbon. Now, of course, the apport is not carbon, my friend, but has its basis in many molecules, in many*

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bases of molecular structure, and so the spirit people change the molecular structure to replicate exactly the etheric body process, so that it physically materializes as being a mirror image of the physical that has been copied.” This indicates that the carbon atom is a base particle in the creation of apports, and spirit people transmute it as needed to elements with higher or lower atomic number.

This information from a Zeta during a formal sitting about the role of carbon was amplified by a dream experienced by the medium. The medium described the precursor of the dream and the dream itself as follows. *“Last night the energy became very strong, I saw a lot of flashing lights, so I went to sit. The sitting was like something I hadn’t experienced before, as it was close to a deep trance. Afterwards in bed, all I could think of was "apports." I went to sleep and instantly dreamt of apports. Initially, it felt like one was coming in the dream, but I was "guided" to enter the consciousness aspect of creating an apport. I started finding small "grey-like lead pencil templates" on the ground. When I picked one up, this carbon-based template formed into an apport. Each one I looked at became a different apport. When I focused on empty space, a template would start from an infinitesimal point and grow. All templates were the same, and only when completed did they form the finished apport, directed by a state of spirit consciousness.”* As in the sitting, the carbon material was said to populate the etheric body to form carbon templates. Further, the carbon templates grew from nothing, suggesting that a process of creation caused them to form.

And again in another sitting, the Zeta responded briefly to more questions about the process underlying the creation of ectoplasm. They said that *“water is transmuted as it is much of a physical substance.”* Further, we were told that the transmutation process changes H₂O to O₂H. This suggests that the process makes use of oxygen, hydrogen, or hydroxyl ions produced after the atomic bonds in water molecules are broken.

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On a related issue, the Anunnaki communicator was asked why white light interferes with the creation of ectoplasm. He responded, *“It is seen that all light produces heat, and heat is seen as a disintegrating factor for ectoplasm.”* This implies that ectoplasm is degraded by an increased kinetic energy of the particles involved.

18.4 A Zeta’s view of materialization

According to the Zetas, particular states of consciousness can create matter on a spectrum of granularity ranging from fine matter to the familiar coarse matter. The undetectable layers of finer matter are interwoven with the coarse matter we know. The coarse matter is formed when consciousness *“brings to itself”* the finer matter.

Consciousness focuses on a location, then draws finer matter to a “framework of materialization” that includes the etheric body of the ectoplasm or apport. The etheric body of the apport is copied by a spirit consciousness from an original object. It encodes all the properties of the object to be materialized, including information on its atomic structure and spatial organization.

When the medium's body does not have a sufficient quantity of the elements needed to form a predefined apport, the material may be obtained elsewhere. A few samples of this material is used by spirit to condition the “conduit of materialization” in the medium's body. Gaps in the etheric template for the apport are filled with fine matter drawn by consciousness. A Zeta agreed that a particle of fine matter could be understood as a simple etheric template. These are concatenated to form more complex templates. For example, carbon atoms are formed by the joining of many fine matter etheric templates. These atoms are then transmuted with the “energy of existence” into other elements needed to form the apport. This may be seen as a process of creation.

A Zeta summarizes the materialization process, *“I would say that many of the words required to discuss ectoplasm do not exist, but I will give you a general understanding based on the words we have available to us. As the medium breathes in, he is breathing in much*

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energy because your breath contains life. Now, once consciousness and intent have been put in action, substances are drawn from the physical body which can be guided by consciousness, the consciousness of the spirit entity to perform a function.”

18.5 Discussion

The Zeta said that a spectrum of matter granularity coexists with the coarsest granularity of our physical reality. The spectrum consists of multiple layers, and the finer layers are undetectable by our senses.

The Zetas' comments indicated that the material from which ectoplasm and apports are made is “manufactured” from the medium's body. The primary source material for ectoplasm is the water in the body. The water molecules are decomposed into hydrogen and oxygen ions by spirit and reorganized so that the corresponding etheric objects approximate the desired properties of the ectoplasm as closely as possible.

The process for creating an apport differs somewhat, especially when the object is made of elements not found in large quantities in the body. Material outside the body can be used instead, and small samples of this material are required to condition the “conduit of materialization” in the medium's body.

Gaps in the etheric framework for both ectoplasm and apports are filled by consciousness by drawing in fine matter. This matter forms carbon atoms that are then transmuted with the “energy of existence” to complete the creation of new physical matter.

Statements by the Zetas indicated that oxygen has a particular role to play in the materialization process. A Zeta said in one interview, *“Consciousness holding itself into conscious states creates matter. This is seen as certain elements, some of a finer framework, others of a gross process. As you breathe in oxygen, you bring this to yourself as an act of consciousness. As a consciousness would bring to itself finer matter, it creates a process of materialization.”* In another interview, a Zeta says, *“Breathing provides the catalyst to create energy”* and *“a primary function of oxygen is to create the*

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stimulated environment to allow much increased energy to be created."

It is said that ectoplasm should never be touched by bystanders for fear of harming the medium. A famous example of such interference is the [Helen Duncan case](#) ([HelenDuncan](#) URL). Authorities suspected that her productions of ectoplasm were fraudulent and interrupted a séance to expose her. Before she was arrested, the ectoplasm whipped back and appeared to cause second degree burns to her body. It is believed by some that her death a few weeks later may have been caused by more serious internal injuries from the incident. This episode suggests that the consciousness of the spirit control was distracted by the intrusion, causing it to lose control of the ectoplasm. Apparently, the conditions created by consciousness needed to be actively maintained.

An obvious difference between ectoplasm and an apport is that the ectoplasm has a temporary existence while the apport does not. According to the Zetas, the apport is supported by the copy of an existing etheric body, while the ectoplasm is supported by a "framework of materialization." The latter is created by the spirit control's consciousness, so the ectoplasm would exist as long as it is maintained by that consciousness. On the other hand, the copied etheric body has a relatively independent existence that persists after the departure of the spirit control. This would account for the difference in permanence of the two kinds of materialized objects.

A Zeta was asked how the finer matter originated. They replied that *"they have always existed as part of the fabric of this universe."* They added, *"Consciousness holding itself into conscious states creates matter"*, suggesting that fine matter, like an energetic body, arises from distortions in consciousness space. Also, *"As a consciousness would bring to itself finer matter, it creates a process of materialization."* That is, fine matter brought into being as a "conscious state" would be further acted upon by consciousness to form coarse matter. Finally, consciousness *"intermingles with the finer physicality, drawing to itself the molecules of the process."*

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This act of consciousness would appear to be the creation of certain energetic templates in consciousness space. These would be designed to encourage existing finer matter to organize into structures of coarse matter.

19. The illusion of matter

The conversations with the Zetas led to the realization that our physical universe and all it contains is an illusion. The realization was strongly supported by Edward Close in his book, *Transcendental Physics*. Close (2000) explained how modern physics requires that the observer's awareness creates physical reality moment by moment. By definition then, our experience of reality is illusory, not what it seems.

This new understanding was soon followed by the discovery that it was not all that original. The Hindu metaphysics of [Advaita Vedanta](#) [Advaita Vedanta URL]. has a similar concept called *maya*. Like the Zeta view of total consciousness, the Advaita holds that *Brahman* is the one and only reality and all else is mere appearance or illusion. The following sections discuss the mechanism of the illusion of matter, and why incarnating spirit beings would want to have the physical experience.

19.1 The making of illusions

A Zeta said about total consciousness, “*There is nothing that can be created that is outside of it, all forms, all shapes, all existence is determined by this process. All matter would disintegrate without this. There would be no planets, there would be no universe, it is held together by consciousness.*” Total consciousness is

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multidimensional, and our familiar 3D space and its contents are one of the constructs in this consciousness space.

Total consciousness is described as the void by a Zeta when they said, *“The void is a living entity of total consciousness, oligarchical in nature, and is partially living as an experience in separation, through illusion, of self through the vesture of matter.”* The entity of total consciousness has configured itself so that parts of it appear to be in separation from other parts. The separation is an illusion partly accomplished by the appearance of matter which is meant to provoke different and independent experiences for total consciousness.

The Zeta added, *“Each separation of consciousness is layers to perform many functions. Some levels of consciousness pervade the worlds of matter, whereas others are multifaceted in energetic form, each having the ability to exist as a race of beings in every form.”* Distinctions in levels of consciousness form souls or spirits having different vibrational states and living an *“experience in separation.”* Some are beings that *“pervade the worlds of matter.”*

A Zeta said, *“Consciousness has all information, but how consciousness reveals it to itself is a different process, nothing is created.”* This means that awareness of all possible constructs exist in total consciousness. They are selected and perceived as seeming acts of creation by conscious beings.

How thoughts can change the environment in the energetic realms was discussed in the chapter, *Creation and perception*. A Zeta agreed that a good analogy for understanding this creative process is the physical process for creating a hologram with laser light. A being's intention allows its thought of a desired object to modulate its vibrational state in order to create a representation of the object. The representation is a pattern that is laid down in a substrate in consciousness. The pattern is then available to be perceived by the same being or other beings at the same or higher vibrational state.

In general, the representation of a creation is encoded as a

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distributed pattern in the energy of consciousness. A being may transform the pattern with its perceptual process and perceive the original thought in its own consciousness. Since it was created from a thought, the perception could rightly be called a shared illusion. It is analogous to the virtual image seen when viewing information on a holographic film.

All sensations that can be experienced from a creation, such as smell, touch, taste, colour, and sound, are intrinsic qualities of consciousness. Much of experience depends on these “felt states” that are the end result of sensory processes. These irreducible properties of consciousness, also known as qualia, are described by a Zeta as potentials.

The representations of matter objects allow beings like us to participate in creating illusory physical experiences. A Zeta commented, *“Now remember that without matter, consciousness has no reflection, and so all consciousness exists from one source entity, but exists in matter as multiple races.”* The beings of a race reflect consciousness. They are equipped with the proper etheric sensory processes so they can see themselves and other constructs in the physical illusion. The physical illusions are experienced when the sensory information from the etheric templates is reflected back to the awareness of consciousness. Since the individual consciousness is a facet of total consciousness, the process of perception closes a feedback loop. The experience by the being is consciousness observing itself.

As Close (2000) observed, *“Every observation is an instance of reality/primary consciousness observing itself. It is the completion of a self-referential loop. Structure and form, originating in primary consciousness, is projected as a spectrum of potentialities. The process is completed when one specific structure or form is selected by observation and confirmed again in the nonlocal space of consciousness.”*

A Zeta agreed that matter is perceived when *“intention selects possibilities projected by etheric objects to create the physical*

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illusion.” The Zeta said, *“Matter is an intermediary process. It is a development of consciousness. Matter is a conjoined process of smaller levels of potentials. Potentials are used as the device mechanisms for experiential processes.”* The smaller levels of potentials that form the etheric templates of matter might refer to properties such as mass and electric charge. These properties would determine how the basic etheric elements can combine to form representations of our everyday experiences such as tables and chairs. Multiple higher-order templates reorganize in a lawful manner in the etheric realm to yield dynamic illusory physical experiences.

Experience of sensations such as colour and taste form the physical illusion. A Zeta explained, *“There is a standardized process within consciousness for a trace that allows you to have a perception of what is bound to your physical reality.”* They added, *“So the hologram, that you state, is correlated by in making this a bridge, allows you to all experience the same thing.”* The etheric representation was created by the energetic process described by the hologram analogy. When the representation is sampled by several observers, all perceive similar physical sensations and share a common understanding of the defined object.

The perceptions of a physical illusion by multiple observers are not necessarily the same. The Zeta cautions, *“Matter defines experience of consciousness, in as it limits potential.”* The potential created in consciousness is a trace that may vary depending on the quality of the template defining a being’s sensory system. For example, certain colours cannot be experienced by a colour-blind human because the etheric form of that particular visual system does not support it.

Our perceptions of physical matter take place within a particular range of vibrations. A Zeta said, *“Matter needs to exist in certain frequencies. For it to bind, it needs this frequency.”* This constraint refers to the existing vibrational states of the etheric forms. So a being who wishes to experience the physical illusion must be tuned to the vibrational states of the etheric representations.

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The incarnation process allows spirit beings to lower their highest possible vibrational state closer to the physical vibrational state. But, as a Zeta indicated, *“The physical frequency defines what you can remember.”* The lowered vibrational state interferes with the ability of incarnated beings to remember their previous higher vibration existence.

A being’s physical body is defined by the etheric body and is experienced by the same process as any other physical object. A Zeta said, *“The physical body is a potential. The way that its potential is perceived and used is directly a response from the entity working with the physical body.”* When asked about the entity receiving the sensory information, the Zeta replied, *“There is capacity for the local consciousness to participate in this process, but the greater process is the higher-self heterodyning, as you call it, back to the local consciousness and beyond.”* According to the Zeta, the sensory information is communicated to the higher self, the higher-vibration entity associated with the local consciousness of the observer. The higher self is a facet of total consciousness, and so the perceptual process is source consciousness observing itself.

The etheric body of matter appears to be presented in consciousness as a spectrum of potentials quantized by the grid. Particular potentials are selected by the perceptual process of an observer and reconstructed in a non-quantized form as a thought in consciousness. All takes place in consciousness, so matter does not have an objective existence independent of consciousness.

The mechanism for the matter illusion is complex, yet relatively easy to grasp. But we are indoctrinated with the concepts of materialism from an early age, so it is difficult to accept fully that the true basis of reality is hidden by the very convincing illusion of matter.

19.2 Why choose the physical experience?

Why would spirit realm beings choose to experience a relatively low-vibration existence in the physical illusion. According to the

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Zeta, they are happy to do it for the experience. But it is clearly more than that. The Zeta commented above, *“Now we see the real reason as to why beings incarnate. There are the obvious lessons that increase the vibrational frequency of the group and individuals.”* As well, *“people seek insight and expanded consciousness.”*

According to these comments, the spirit being not only wants experiences but also desires to raise its vibrational state. It wants to expand its consciousness to higher levels by increasing its ability to love. An incarnation experience on Earth where there is less control over causality would offer a spirit more opportunities to love unconditionally.

It should be easy to love in the spirit realm where perceived conflict is easily avoided. It is harder in the lower vibrations of our physical illusion where there are often significant differences of opinion. A Zeta observed, *“Where is the ego based? In self, within the physical range of frequency, within anger, envy.”* In the physical vibration, people see themselves in separation from each other, and the spirit’s good intentions prior to incarnating are usually forgotten. It is easy to ignore the cost of not loving others. On the other hand, it is still possible for people in the physical vibrations to behave in a loving manner toward all people, even when the love is not returned. Such unconditional love increases *“the vibrational frequency of the group and individuals,”* and moves one toward a higher state of consciousness.

So spirits are excited to incarnate to the low-vibration physical state, not for anticipated pleasures, but to experience the expected difficulties in relating to one another. Resolving these difficulties creates great opportunities to grow in ability to love unconditionally. This would be the primary objective for each incarnating spirit, and perhaps is why this physical illusion exists.

20. Zeta technology

The Zeta described for us the nature and functionality of some of their technology. In particular, we were given details about their craft and the method of travel (See also Hamden, 2012). They also gave us information about a particular technology used to simulate any physical environment. The means to enter this environment seems to have been shared with humans who now call it a “synthetic quantum environment” (SQE). These technologies are discussed in the following sections.

20.1 Zeta craft and their propulsion system

For many years now, people all over the world have seen things moving in the sky that they and others cannot explain. We appropriately call them unidentified flying objects or UFOs. A typical shape of these objects is like a saucer and an inverted saucer attached together at the rims, and these have also been called flying saucers. The flight characteristics of the objects often exceed those of human-designed aircraft, so they are thought by many to have an extraterrestrial origin.

Some light has been shed on the properties of such craft in conversations with the Zeta race via the medium, Paul Hamden. Several Zeta beings have communicated information specific to

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craft, and this was published in an earlier book (Hamden, 2012). The nature of the craft and its propulsion system are addressed in here as well.

The Zetas are physical beings who live in physical environments that have representations of physical objects in consciousness. These are templates, also known as etheric bodies, that define the properties of forms in the physical universe. In these realms, consciousness has the ability to create with thoughts. A model of how this is done is outlined in the chapter, *Creation and perception*. Understanding this chapter is highly recommended, since the creation process seems to be used by the craft's propulsion system described below.

20.1.1 The nature of the craft

Our craft are of a nature that are able to support our biological framework. These craft are living entities. Much like a bacteria, they live, breathe, function and create. Each craft is a singular cell, as we are part of the integrated cell (we are keeping this simple). We are able to interact with the craft as one whole cellular being. This is why there are no doors to the craft, and why there are no windows. When asked if the craft are part of the collective consciousness, a Zeta responded, “ Yes, of course, they have freewill.”

The craft behaves like a single-celled organism so it is without doors or windows. A bacterium has transporter mechanisms to import and export material across the cell wall. By analogy, the craft may also have a mechanism for moving beings and materials into and out of its interior. Once inside, beings become one with the craft in order to interact with it. Both the craft and the beings inside belong to the collective consciousness.

They (the craft) are grown from what was initially a hybrid framework designed by our best technical and scientific beings, so this explains why we have craft who can also "self-heal." The craft are generic, genetically modified structures. ... They are grown, genetically created within a skeletal framework. ... Not all craft have individual operators, but as there are certain parts of our DNA

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replicated, there is one standard craft for beings to use. There are specific craft for specific beings. These beings are utilized to move in different dimensional aspects of the non-physicality of this physical universe.

The craft are designed to respond to operators with Zeta DNA. There is a standard craft that can be used by any Zeta because the craft responds to certain segments of DNA shared by all Zetas. There are also specific craft that respond to unique sequences of DNA possessed by particular Zetas. The latter craft and operators are used to move to and from non-physical dimensions of the universe.

The Zeta added that the craft, like all living things, needs sustenance or a source of energy to survive. They said, *“There is a basic life force woven into the fabric of the universe. This energetic form, waveform, feeds and nourishes these cellular craft.”* For the Zeta, the basic life force of the universe is the energy of consciousness. Everything that is and can be experienced is constructed from this fundamental substrate. It is the source of the energy required by the craft to function.

Communication with the craft can be telepathic. We are told, *“An astral form is needed or thought projection, but realize this, the thought must be of a very specific nature. And there are biological barriers around craft to stop certain energies from penetrating through the 'craft' which we class as a 'being'.”*

But not all operations require telepathic communication. *“If we wish to see outside, not via telepathic methods, we simply compel the side of the cellular structure of the craft to move to a different state. This allows us to see through to a physical dimensional state.”* Further, Paul Hamden has had the opportunity to view the interior of a craft and the means for communicating with it. He said, *“The craft which are biological entities have symbols placed in strategic positions, the biological structure of the internals of the craft facilitate the actions of the symbols, the symbols provide the functionality and mechanisms for interaction with the sentience of the craft.”*

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In the interdimensional areas where the physical rules of this universe do not relate, we are able to assimilate to that state by changing cellular form, as a chameleon would change colours; this is how we "physically" move from one place to another. When a craft dematerializes, the occupants "are part of the process, but shielded by the actual craft as well."

The Zeta said that the craft's physical movement can involve entering and leaving an interdimensional state, and this process is analogous to the colour change of a chameleon. In several other conversations with the Zetas, a change in colour was an analogy for moving to a different state of consciousness. If that was intended here as well, a craft would enter and leave an interdimensional state by recreating itself each time using appropriate states of consciousness.

Chameleon-like behaviour is also used in the physical realm as a way to hide the craft from human eyes. *"We are able to camouflage by allowing the craft to change the way that it thinks about itself, and in doing so, it changes the patterns of light that are emitted from the craft, to be seen or not seen by the human eye."*

20.1.2 The propulsion system

The Zeta craft can access the energetic realm to change its location in the physical realm. A Zeta introduces this method of travel using an analogy.

Imagine if you will a single sheet of fabric. Each thread in the fabric is closely related, this is a linear version of a magnetic grid. Now place many layers of fabric together, you now have a three dimensional block of fabric. The threads are interwoven, directional. How does one move from within the vertical structure to the horizontal levels?

In this scenario, the fabric is of a physical nature, but if the fabric is of an energetic nature, then there is a strong matrix of threads between all layers. This means, in a physical universe, a craft can manoeuvre forwards, backwards, diagonally and sideways. The craft

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are moving on “etheric rails.” They are drawn into the craft and used as a “matter of state” propulsion process. These “rails” are of a nature that the craft can move in any direction as it is using the matrix, like a tractor beam. The craft is taken, “pulled”, in the direction it wishes to go. Imagine a container of water in a cube form; can a fish swim in any direction? This is the same process. The matrix is a living field.

In the analogy, the matrix is described as a physical object. However, it becomes clear that the matrix exists as an etheric body in the energetic realm. Etheric threads connecting the matrix nodes are described as rails that guide the direction of movement of the craft. As the craft's etheric body is pulled along the vertical and horizontal rails of the etheric matrix, the physical body of the craft follows and moves through the space containing the physical matrix.

The “threads” of the etheric matrix are drawn into the craft and acted upon by a “matter of state” process. The Zeta's use of the word “state” usually refers to “state of existence”, or the “level of consciousness” available to the creation process. The “matter of state” process suggests that the consciousness of the craft uses the creative process to alter the position of the craft's etheric body relative to the frame of reference provided by the matrix. The craft's form in the physical realm would follow.

On a related matter, a Zeta was asked to explain the teleportation sometimes seen in physical mediumship séances. For example, a ping pong ball was moved to the inside of a sealed glass aquarium. The Zeta responded, *“The etheric body was moved to the other physical location, and matter then followed.”* This seems to correspond to the description of craft propulsion in the matrix.

Further support for this interpretation was given when the Zeta said, *“Separation of matter at its finite form allows for the process of wave shifting. These waveforms allow a level of interaction with the energetic field that 'is and always is'.”* The etheric body, the transformation of its matter counterpart, is said to consist of waveforms. The movement of these waveforms along a matrix

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thread is called “wave shifting.” The process of wave shifting involves interaction with the field that 'is and always is'; that is, the energy of source consciousness. So the craft's intention to move invokes the creative process at a particular level of this consciousness field to relocate its etheric body in the matrix.

The Zeta also described another method of travel that can cover arbitrary distances almost instantaneously. The method requires an ability to manipulate the shape of the etheric matrix fabric itself.

When the fabric is folded upon itself, it acts cylindrically. A craft is able to manoeuvre back to its original point by simply “hopping” from one state to the next.

The etheric body of the matrix is rolled up into a higher-dimensional cylinder shape so that the current position in the matrix is adjacent to a starting position in the matrix, even though these positions are far apart in the normal three dimensional universe. Then, a short displacement of the etheric body of a craft across the “seam” of the cylinder causes a displacement in normal space equal to the circumference of the cylinder.

In a dematerialized state, the craft is able to move between subatomic structures. This “non-matter” allows the craft to move from one reference point to another in an instant. As there is a folding process taking place, interdimensional or physical travel is a “simple” movement from one state to the next.

The Zeta emphasized that the craft in the dematerialized state is not impeded at all by physical matter. The dematerialized craft is non-matter and, when using the cylinder method, it can move instantly from one position in physical space to another. The craft moves to the destination state as easily as it moves along any other thread in the matrix.

This now brings into play, “states of existence.” Is this craft of a physical nature or a dematerialized construct?

This comment concerning “states of existence” is again an allusion to the creation process. The craft creates by using a state of

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consciousness that does not exceed its highest possible state. Normally, the etheric form is created so that it can be a template for the formation of the physical craft. Could the etheric body of the craft be placed in a state where the physical craft would fail to form? This could occur if the etheric body were recreated using a state of consciousness higher than the tuning of the human perceptual process. Then the craft would exist in a state of dematerialization for human beings who are unable to realize such higher states of consciousness.

A more recent interview raised unresolved issues concerning to the cylinder method of travel, and the following exchange occurred.

Interviewer: There is a question about the cylinder method of travel where 3-dimensional space is rolled up into a cylinder form, and the craft moves through a higher dimensional space and appears instantaneously at some distant location in three-dimensional space.

Zeta: *Yes, the craft is to create a distortion, but continue on.*

Interviewer: Well I was wondering how three-dimensional space could be rolled up.

Zeta: *A craft is to create distortion.*

Interviewer: Yes, but that space may contain other objects which have an etheric body form.

Zeta: *Now, other objects exist yes, so can only jump. A craft creates a distortion to pull one into an infinitesimal point towards self. Of course, other etheric fabric-like sheet, if you pick up you have point in fingers but of course sheet attached. Not to occur near matter objects such as planets, in empty space. Irrelevant if other matter, fine matter is distortion. Also much more safe to travel.*

Interviewer: So the cylinder method of travel is only used in empty space?

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***Zeta:** Because as explained to you before, must travel before time to a point, create jump space, and then travel and continue on. Never to create a point of connection near a planet, too dangerous, yes.*

The Zeta was asked how space could be rolled up when there could be other objects in it. They agreed that there could be other objects in the way, and suggested that the craft would somehow jump over them. A distortion in space, perhaps the 4-dimensional cylinder, is created by pulling oneself into an infinitesimal point towards oneself. They said, “*If you pick up you have point in fingers but of course sheet attached,*” suggesting that the effect on 3D space is non-local. The point-like distortion is attached to the aforementioned fabric-like sheet of etheric space.

Because the effect of the operation is non-local, it should not be done near large objects like a planet. The planet would be affected as well as the adjacent space, and so it is best done in empty space. This restriction applies only to coarse matter objects. It is irrelevant in the domain of fine matter. The Zeta implied that such a distortion of space is safer where there is only fine matter such as a cloud of electrons forming a plasma.

Another question concerned the meaning of a donut-shaped distortion often seen near ET craft in various photographs taken over the years. An example is shown in Figure 20.1.

Interviewer: I interpreted some features in photographs of the craft as a property of the cylinder method of travel, and I guess that must be incorrect then. I noticed near the craft a kind of toroidal shape in the atmosphere.

***Zeta:** Etheric representation of physical capacity of propulsion system, yes.*

Interviewer: So I’m not correct in believing that this is a consequence of the cylinder method of travel then?

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Zeta: No, because too close to planet.

Interviewer: Can you explain what this shape is associated with?

Zeta: The shape is a distortion in the energetic fabric of the environment. Because it is multidimensional, it is able to make craft move in all directions.

Interviewer: So it's the etheric form of the craft?

Zeta: Part of the craft, yes.

Interviewer: I see, so it moves and the craft follows? Would that be how it works?

Zeta: Both happening at the same time.

Interviewer: Yes?

Zeta: No separation, not either or. To instruct craft via telepathic process, instantaneous, go there, yes, straight away.

Interviewer: In the photographs it appears that this etheric form then is separated in space from the craft itself.

Zeta: There is no separation, it is imagery.

Interviewer: Both exactly one and the same object.

Zeta: Yes. Your physical body has etheric template, yes. They are the same, but in separation both occurring at the same time.

Interviewer: But my etheric body can be spatially separated from my physical body at times.

Zeta: Always connected, never to be completely disconnected.

Interviewer: So that's the same as with the craft.

Zeta: All things, yes.

Further probing in a later interview yielded the following exchange.

Interviewer: What is the shape of the etheric form of the craft?

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Zeta: *It is a mirror image of the physical craft. The toroidal process that was described is the propulsion process that is providing a wake before or after the craft.*

Interviewer: Why does the physical part of the craft often have the disc or saucer shape?

Zeta: *Is the question why is the craft of the shape and nature that it is? But, let me ask which craft, because there are many shapes.*

Our craft is in disharmony with the physical frequency of matter which is that the gravity does no longer affect us. But of course we must be able to move on the etheric rails, and so the sentient entity which is the craft is able to negotiate the rails by consciousness.

Interviewer: Traveling in our atmosphere is a different process to the etheric process you described when you warp space into a cylindrical form in order to jump from one point to another.

Zeta: *That is the difference between walking and falling, walking is slow, falling from a height is fast.*

Interviewer: So when you have a safe place outside the atmosphere, then it is ok to fall.

Zeta: *Yes, but you must be aware that there are in your atmospheric conditions many obstacles such as disturbances, there are storms and lightning, there are birds flying. We must try to not harm another entity. There are also many of your own craft flying in the skies, but we have technology to map what is around us. The smaller the biological entity that is in existence, the more difficult it is.*

Interviewer: So, insects?

Zeta: *Very difficult, yes, but still, must avoid them, cannot come in contact with any matter. We are in a state of disassociation from matter and that's why we travel in a dematerialized state, or semi-dematerialized state. But must avoid everything, else you would take a life. If matter comes in contact with deconstructed matter, the matter is destroyed.*

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The toroidal shapes were initially thought to be associated with the cylinder method of travel. This is unlikely now given that they were photographed near the Earth where it would be unsafe to create such a distortion. Rather, the Zeta explained that the shape results from a multidimensional distortion in the etheric space. It is part of the craft and enables it to move instantaneously in any direction when instructed to do so telepathically. It was also described as the wake of the craft associated with the propulsion system.

20.1.3 Craft safety

During discussions with the Zetas, questions arose about safety concerns that inhibited physical contact with humans. This was addressed in the following conversation taken from transcripts of interview segments.

Interviewer: There is a question about your ability to visit us in physical form. The medium has said that you do not allow your craft to readily appear to humans because there is an issue of safety that concerns you. If safety is an issue, is it our safety or the safety of the craft and crew that concerns you?

Zeta: *Both. Of course I am concerned about what happens to the occupants of the craft. I am also concerned about the safety of the being which is the craft. I am also concerned with the environment in which the craft lives. I am also concerned with what may happen to a human if they were to approach a craft. Many humans would become instantly unwell, and then they suffer because the frequency would change their body's ability to understand how to repair itself.*

Further, actual physical contact between a Zeta and a human would create what appears to be a burn on the skin of the human. The higher vibrational state of the Zeta etheric body superimposed on the human etheric body would change the state of the physical cells.

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Zeta: *Every entity has etheric template, frequency of etheric template to interact with human etheric template. Increase in frequency for the human then translates to physical changes in the cellular structure, and cellular structure representation of burnt skin.*

Also, the structure of the human's local consciousness could be seriously damaged when the human is too near the craft and its occupants.

Zeta: *Your consciousness would fracture because we operate within an etheric boundary that is much larger than the human. So when we come, the human consciousness, the structure that is held by frequency which is the physical entity of your container, would dissipate.*

Interviewer: There would be a minimum distance then, I suppose, that humans should approach?

Zeta: *Yes, of course, you would never get, unless there was an accident, within 30 meters to 50 meters from the craft. The physical body is unable to cope with the changes.*

The Zeta was concerned about the safety of both the beings on the craft and the humans who may be in the vicinity of the craft. We know that the Zetas breathe a form of oxygen, and they use a breathing device when they are physically present on Earth. They do not explain what other dangers might threaten the safety of the craft occupants. Perhaps there are concerns that humans themselves are a threat given our nature.

They are clear, however, that a landed craft would have a negative effect on the immediate environment. There would be a danger to humans as well if they were to approach too near a craft. Such effects would arise from exposure to emissions from the craft and to the higher vibrational state of the occupants. To avoid negative effects on the human body, we are advised to stay more than 30-50 meters away from a craft.

20.1.4 Discussion

The axioms that underlie extraterrestrial science and human science are so different that the sciences are unlikely to correspond in a meaningful way. The main difference is the role of consciousness. It is an epiphenomenon for most human scientists, but is fundamental to the extraterrestrial science. This means that the propulsion technology employed by the Zetas is out of our reach. Human science does not recognize the existence of major elements of this technology, such as the energetic realm in consciousness space, etheric bodies, and creation by intent using the energy of consciousness.

Even if we were able to develop a complete intellectual understanding of these concepts, we would still lack the level of consciousness needed to perform the operations necessary to propel a craft with that technology. The ability to create with higher states of consciousness is required, and this cannot be achieved without a parallel increase in the ability to love. Few members of the human race are at the level of consciousness where unconditional love for all beings is possible.

In 2012 at the Wallacia Development Center near Sydney, Australia, a group of people followed a meditation protocol under the stars and experienced a visit by a craft and its occupants. The craft did not materialize completely, but people sensed its presence a short distance away and heard footsteps of the invisible extraterrestrials walking on the gravel around them. The next day, a circular imprint was evident on the ground at the perceived location of the craft. The experience was direct evidence to the people involved that dematerialization is possible, and supports the existence of the technology described above.

A toroidal optical distortion often appears next to a UFO as seen in various photographs taken over the years. This effect was investigated by one of the authors, and is discussed in Treurniet (2021, Chapter 3). Figure 20.1 presents one of a number of examples discovered. The left panel of the figure shows the UFO cropped

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from the photograph, and the right panel shows the enhanced image where a toroidal or donut shape is clearly visible just above the UFO.

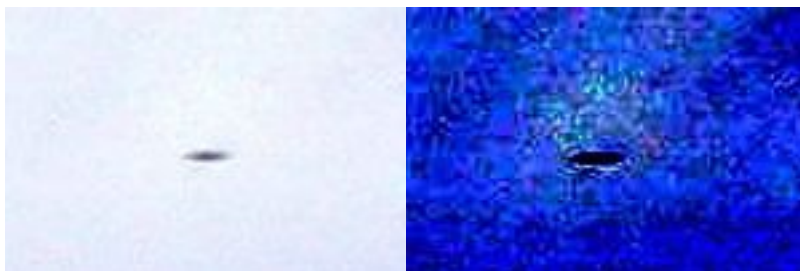


Figure 20.1. Enhancement of a toroidal shape next to a UFO.

As the Zeta mentioned above, the toroidal shape results from a distortion of etheric space created by a craft's method of propulsion. It is part of the craft and enables the craft to move instantaneously in any direction. The etheric distortion must affect the physical environment in some way so that it can be photographed. Other evidence suggests that the distortion is visible because it is associated with a change in the permittivity of space which causes changes in the way light is refracted near the craft (see Treurniet, 2021, Chapter 3).

20.2 Synthetic quantum environments

According to several participants in a US military research project in the 1980s, a technology called a jump room was given to them by the Zetas. The men believe that the jump room destination was often, if not always, a synthetic quantum environment (SQE), “*a fold in the time-space continuum in which the Grey extraterrestrials have established an 'artificial holographic planetary domain'.*” There were believed to be 153 SQEs used by the Greys to store “*event scenarios that have taken place at different times on different planets, including Earth and Mars.*” These SQEs were thought to be

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near the Earth, on the Earth, and under the Earth's surface. They were built to condition and educate humanity to prepare them to meet off-world civilizations.

Ostensibly, the jump room enabled people to depart from Earth and arrive almost instantaneously at a place on Mars. But some of the humans involved now suspect that the destination was most probably a simulation of the Mars environment. It was their suggestion that it be called a synthetic quantum environment. When this research project was revealed in 2012, the Zetas were asked for more information about the SQE technology via Paul Hamden. Surprisingly, the existence of the jump room was confirmed. The Zeta said, *“There is a device that is used to create the unfolding of the special process and then once the cavity, I believe would be the word, is created, it is then populated with the correct molecular image that will then represent the environment that was to be used for exchange of energy and information.”*

The Zeta said that multiple SQEs exist in the vicinity of the Earth, all connected in a network controlled by on-board intelligences. Access to one SQE requires the cooperation of the entire network. The SQE is an energetic environment, so the jump room technology would have separated the human energetic body from the physical body for transfer to the SQE. The Zeta maintained that the change from the physical to the energetic environment and back again would not have been detected by the traveller.

One of the research participants painlessly lost an arm to a predator while in the simulated Mars environment, but found that the arm was miraculously restored later back on Earth. This is consistent with the Zetas' aim of not causing harm to a physical entity behaving in the simulated energetic environment. The person who temporarily lost his arm believed that a holographic reality may have been visited, but did not accept that he had separated from his physical body. The change in vantage point of his consciousness relative to his body in the jump room was not noticed, perhaps because of the “ten minutes

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of mind-bending, stomach-wrenching weirdness” described by the traveller.

The next section describes the Zeta’s answers to questions about how the SQE was created and used. The first three questions were posed in one session, and the remainder came later in follow-up sessions.

20.2.1 The nature of an SQE

All physical objects normally have an energetic representation in the etheric realm. It is seen as matter when it is processed by a perceptual process. The same must be true of the contents of an SQE.

Que 1. Is it true, the US government has identified 153 “synthetic quantum environments” constructed by the Zetas in the near Earth environment ranging 400 miles from Earth, on the surface of the Earth, and beneath the surface of the Earth?

Ans 1. *It is correct in understanding that singular entities exist as energetic existences, for the purpose of experience. These are dynamic entities and are used as a place of learning. The SQE is a term for an energetic existence that is separate to your own, something like a holographic existence. They believe they have identified the SQE by the remote viewing process, but they have only seen what they were shown.*

Que 2. Is it true that the system of “synthetic quantum environments” had been built by you for purposes of conditioning and educating humanity to be able to sustain a future role among organized intelligent civilizations in space and in the inter-dimensional multi-verse?

Ans 2. *That question sounds like many questions, what are the uses of the SQE? In the separation process of the physical entity from*

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self, a being would understand that in its energetic presence, the consciousness of the being is able to understand the environment is malleable. So depending on what you wish to create and preserve as an environment, would determine the level of quantum entanglement that is required by a being that is to synthesize the energetic entities, and to then propagate this as a sustainable existence in its quantum self. Many of the SQEs are in existence for the scientific beings who wish to experiment within a race. A snap shot is taken and using the SQE, transpose the environment, and using the SQE then instigate change. This is a mirror image process to see what is sustainable, and in that place no harm is created to a physical entity as it is an energetic environment.

The Zeta talked about creating an SQE using a particular level of quantum entanglement. What 'level of quantum entanglement' could mean is unclear. In any case, depending on the desired result, a Zeta group in its collective energetic body would choose the appropriate level, *synthesize the energetic entities* (i.e., make an entangled energetic version of the original environment) and *propagate this as a sustainable existence in its quantum self* ("quantum self" would be a particular "synthetic quantum environment"). That is, an energetic version of the original environment is created by making an entangled version and moving this to the more permanent designated SQE.

The Zetas appear to be able to select a particular environment in space/time in order to experiment on it. *A snap shot is taken and using the SQE, transpose the environment, and using the SQE then instigate change.* That is, a point in space and time is selected, the entangled energetic version of the original environment is placed in an SQE, and changes are made to it. This process allows them to experiment without affecting the original environment.

Ans 13, obtained in a later session as clarification, explains that *"to transpose is to take an image to the molecular level and then using various technologies, manipulate the process."* This operation is done only when the environment is to be changed.

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The Zeta says "*this is a mirror image process*", and this is what was said earlier about the quantum states of the two entangled photons. So the new version of the environment is a mirror image of the original in terms of its quantum state. But at the macro level, the original and the copy should be indistinguishable.

Que 3. Is this world a holographic environment?

Ans 3. *No, but certainly an environment of consciousness, nothing is as physical as you believe it to be.*

Que 4. Humans talk about a jump room technology. Do they in fact have access to it?

Ans 4. *Do humans have access to separation from this physical norm to the SQE, yes.*

Discussion: The Zeta agreed that humans have access to the jump room technology. But note that transfer to the SQE is done by *separation from this physical norm to the SQE*. This means that the energetic body is separated from the physical body and then transferred to the SQE, leaving the physical body behind in the jump room.

Que 5. Can they reach another planet the same way?

Ans 5. *They can reach other SQEs. Some races are able to move through to a planet and create a physical form as they arrive.*

Discussion: The Zeta implied the jump room technology cannot be used by humans to transfer a physical body to a physical planet. Other races who can do this, arrive on the planet presumably in the form of the energetic body, and then appear as matter when transformed by the perceptual process of an observer.

Que 6. So when humans say they jumped to Mars, they have only gone to a copy of Mars in an SQE?

Ans 6. *Humans travel as a single entity, this causes issues for them and their matter, yes.*

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Discussion: Humans *travel as a single entity*, meaning that they are unaware of their existence in the energetic realm in the form of their etheric bodies. (See Que. 7). So even if they wanted to, they could not travel to Mars in the energetic body. It follows that humans have not travelled to the physical planet Mars using the jump room as believed. The 'yes' at the end of the answer is the response to "*they have only gone to a copy of mars in an SQE?*."

Que 7. By single entity, do you mean a misunderstood etheric body?

Ans 7. *Yes.*

Que 8. What we need is a jump room so we can experiment, do you think the Zetas might have a spare one laying around?

Ans 8. *You would need the technologies in the SQE to make the adjustments and the focus of thought to initiate the changes. As well, the SQE are also part of a neurological network so other SQEs are located in the vicinity, and communication between the operators are required, as not just one sample is taken. Many can be taken of the image and multiple SQEs can be in operation for the process.*

Discussion: It seems that jumping to an SQE is not a simple process. Access to the technologies in the SQE is required, as well as a certain mental focus.

SQEs are part of a neurological network, suggesting that there is a biological component in each SQE that gives it an on-board intelligence. Further, this intelligence seems to be the operator of the SQE, which is able to communicate with the operators of all the other SQEs in the vicinity. When someone travels to an SQE via a jump room, communication among the operators of the network is required.

Visiting a particular space and time configuration can involve a number of interacting SQEs. Many samples are taken of the image of the original environment, and visiting the energetic copy of that environment via a jump room involves the operation of multiple SQEs in the network.

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The apparent complexity of operating a jump room prompted the following question.

Que 9. Do the humans with the jump room always need Zeta assistance?

Ans 9. *Yes*

Que 10. Do they know that?

Ans 10. *No*

Que 11. Does a synthetic quantum environment include all of time as we know it?

Ans 11. *No*

Que 12. Does the snap shot that is taken refer to a particular point in time? (This refers to the snap shot mentioned in Ans. 2)

Ans 12. *Yes*

Que 13. What does it mean to "transpose the environment"? (This was asked to clarify the phrase in Ans. 2)

Ans 13. *To transpose is to take an image to the molecular level and then using various technologies, manipulate the process, but also, remember that some SQEs are used as places of education, so they are firmly fixed as environments. Many are not used to manipulate anything.*

Que 14. Are they just used as places to live?

Ans 14. *They can be used as a place to live.*

Discussion: This answer, as well as Ans 13, indicates that the Zeta population in the Earth environment may be using the SQEs as bases of operation. Since the SQE is an energetic environment.

Que 15. Can the point in time for the snap shot be any time in the future as well as the past? (A followup to Que. 12)

Ans 15. *Yes*

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Que 16. Is the experience of an energetic human body in a synthetic quantum environment identical to that of a physical human body in a physical environment? That is, does it feel the same?

Ans 16. *Yes*

Que 17. Is there some way that I could tell if I were in a synthetic quantum environment or the original physical environment? Is there some test that I could do?

Ans 17. *If you've given me information too of the level of awareness for the test, you would need to clarify that you are in a separation.*

Discussion: This answer implies that such a test can be done at different levels of awareness by more or less advanced energetic beings. The level was not given in the question..

Que 18. But if it feels the same to be in an energetic environment as in a physical environment, how could I tell which environment I was in?

Ans 18. *You would need to be told.*

The Zeta added, *"The physical entity may not enter the environment as it is a process of energetic exchange."* Only the energetic body of an entity may enter the SQE.

20.2.2 Discussion

The responses from the Zeta confirm the existence of the synthetic quantum environments described by the jump room travelers. The Zeta said that the SQE is an energetic construct at a level of vibration higher than our physical environment. It is created by copying an original physical/energetic environment using some technological process that involves something like quantum entanglement. A number of SQEs are connected as a network and have on-board organic operators that coordinate the activities of the network. The on-board intelligence appears to be a component of the SQE itself. Some SQEs are used as laboratories for performing "what if" experiments without affecting the original environments.

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Others are used as a space for educational purposes and as a place to live.

According to the Zeta, transferring the human energetic body to the SQE requires the appropriate mental focus, access to the SQE technologies, and the cooperation of the network of SQEs. Consequently, the humans operating the jump room would appear to need the assistance of the Zetas to make the jump. This was confirmed when a Zeta said, *“The synthetic spatial folding environment has nothing to do with the humans and cannot be accessed by the human consciousness unless it is provided with an aid into the environment.”* Interestingly, the Zeta believes that the humans are unaware that such assistance was being given.

One of the travelers argued strongly in a personal communication ([Basiago URL](#)) that the jump room transferred his physical body to both an SQE and to the planet Mars. But the Zeta said that only the traveler's energetic body could be placed in an SQE. Presumably, it was then transformed by a perceptual process to a physical experience.

The traveler's disagreement with the Zeta's position would be resolved if the experience of the energetic body in an energetic environment is equivalent to the experience of the physical body in the normal physical environment. The experiences actually are the same because of the illusory nature of our physical existence. The Zeta was definite that the traveler could not have noticed the change to an energetic environment after the transfer to the SQE, or to the jump room environment upon his return.

20.3 Instruments to control etheric energy

According to the cosmology of the Zetas, we live in a universe of information that exists as a consciousness space. This space is multidimensional and has within it abstract representations of all that could possibly be. Our familiar physical universe is a transformation of holographic-like patterns in a realm of consciousness that for humans is the etheric realm. This and other realms exist in the

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energy of consciousness, and the Zetas have developed technologies to manipulate this energy. Certain natural laws apply and can be exploited to engineer the energetic environment.

The Zetas' verbal descriptions of how some things are done appear to be analogous to familiar operations developed for human technologies. One is the making of a *hologram* which is analogous to the creative process as described by the Zetas. Another possible analogy is *heterodyning* which is used extensively in communications electronics. A third is the process of *cymatics*, the science of creating visualizations using sound. These analogies are explored in this chapter, and they may help to understand how energetic technologies are engineered by extraterrestrial races.

20.3.1 Consciousness space

We should imagine consciousness as a multidimensional space in a mathematical sense. Even the familiar dimensions of our three-dimensional space are a created aspect of consciousness space. The Zetas emphasized that our perceived reality, including the spatial dimensions, is an illusion in the sense that it was created by consciousness and can be changed by consciousness. The human concept of illusion as a figment of the imagination is, according to the Zetas, our reality as we know it. The illusion is stable in the physical realm where it responds only weakly, if at all, to people's intentions. On the other hand, it is more malleable in the higher energetic realms where beings do create with intent.

The energetic representation of a creation in consciousness space has no form as we understand it - its form is "*very fluid*." It regains its form and other attributes only when it is transformed to sensations by a being's consciousness. This process has the flavour of a hologram which has a distributed representation. It is transformed by the perceptual process to recover the originally subject as a 'virtual image'. Just as a hologram cannot be seen using an incorrect colour of light, created objects with sufficiently different vibrational states cannot co-exist in the same perceived reality.

20.3.2 An analogy for the creation process

The entities in consciousness space can create environments by simply using their intentions. This appears to be an act of creation, but it is really instantiating a desired pattern from an existing set of all potential patterns. The creations have properties of consciousness space that can be experienced as perceptions. These properties include sensations such as taste, smell, and colour. A multidimensional grid-like structure in this space is the substrate for representing creations. The process of creation in the energetic realms is analogous to the way humans create a physical hologram. This analogy is discussed more fully in the chapter, *Creation and perception*.

As in the making of a physical hologram, a being creates in the energetic realm with its highest possible state of consciousness as a reference, then modulating this reference according to the intended creation. The modulated state of consciousness is combined with the original unmodulated state to produce an interference pattern representing the intended creation. The interference pattern is recorded in the aforementioned grid. Any being capable of operating at the same state of consciousness or higher can "illuminate" the pattern and reconstruct the intended object as an act of perception. However, a being whose highest state is lower than the state that created the pattern would not be able to perceive the created object. The accuracy of this description of the creative process was confirmed by a Zeta in an interview.

As explained by a Zeta, *"The frequency of the human race is based in a lower frequency and because consciousness exists in different forms and states of frequency, to access memories from a different frequency field, the human is negated from accessing that information."* So, because the human race exists at a lower state of consciousness, we are unaware of much information that exists beyond our reach.

20.3.3 Working with energetic waveforms

A Zeta gave us a taste of the complexity of consciousness space when they said, *“There are realms within realms, dimensions within dimension, and inter-dimensions within dimensions, all is inside everything else. This sounds confusing, but if you view this as analogy as being a waveform and each dimension is vibrating at a different level, then you can understand that everything is one and everything of the whole. There is no true separation between realms and universal nature. It is possible to travel across all of these barriers that are perceived in your mind, once you have moved yourself to a place of understanding that there are no barriers.”*

The whole of consciousness space was described by the Zeta as one waveform, but individual beings that are part of this whole may also be treated as waveforms. They said, *“When we are in communion with energies who are of different waveform nature, we are taught different ways to interact with beings in realms that we have no access to yet.”*

They also said, *“... energetic realms are actually divided only by the actual waveform's ability to move into and out of the energetic area. Does this then limit what waveform can move where? Yes. These barriers are needed for many reasons. As each waveform or energetic being think within their confines, so they are.”*

These quotes indicate that waveforms can be objects or individual beings and can be treated as separate entities. However, individual beings and objects perceived to be in separation from each other are still integrated with the one waveform. Therefore, the waveform of a being is integrated with the waveforms defining its environment. Their appearances as separate entities are artifacts of the perceptual process.

A Zeta was asked, “You described an object as a waveform, and this waveform then would consist of multiple frequencies?” They replied, *“Yes, of course, but between each boundary or realm as you would say, there are delineating frequencies that are conjoining ...*

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There is no imbalance in energy between realms.” The boundaries experienced by a being are due to the presence of conjoined frequencies that cannot resonate with the being’s waveform. That there is no energy imbalance between the realms might possibly mean that a boundary does not create a discontinuity in the energy of the one whole waveform.

The Zetas chose the waveform as an analogy for beings and other things. The importance for them to be able to control the frequency of waveforms (i.e., state of vibration) is apparent when they say, *“Frequency provides power, power to control, power to close portals and use energy, and of course how you are to use these processes is dependant on your intent as an entity, how to change energy of another container, how to heal, how to be present, how to change what seems not to be changeable, to work in layers of consciousness. They are normal abilities of a [Zeta] elder.”*

Perhaps some techniques for processing waveforms in the field of radio communications can offer additional insight for understanding how energetic beings relate to each other and their environment. The Zetas spoke often of the operations of conjoining and resonance, the ability of two waveform entities to join together in a state of resonance. As defined by a Zeta, to conjoin means *“that it is in resonance, so if two entities are to come together, two different frequencies, then the frequencies of the two entities must change so they can be conjoined and resonate together... one must reduce, the other must increase... until they are in harmony together.”* This definition suggests the process of [heterodyning](#), a non-linear technique for mixing signals, modulating signals, and converting the frequencies of signals to other frequencies. These applications of heterodyning may help to explain how the Zetas manipulate waveforms in the energetic realms.

An apparent reference was also made to the science of cymatics when a Zeta said that symbols corresponding to sounds can change formations. For example, a piano key is a symbol for a certain sound. When it is pressed, it could activate an appropriately

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configured process to produce a cymatic pattern. The cymatics process may be another suitable analogy for describing how to reorganize the energetic environment.

20.3.3.1 Heterodyning

Heterodyning is a technique that creates new frequencies by passing two original frequencies through a non-linear device called a mixer. For example, a mixer could be a vacuum tube, transistor, or diode. Typically, two signals at frequencies f_1 and f_2 are mixed, and two new signals are created with frequencies f_1+f_2 and f_1-f_2 . These new sum and difference signals are called heterodynes.

As an example, suppose $f_1 = 100$ Hz and $f_2 = 30$ Hz. The sum and difference frequencies would then be 130 Hz and 70 Hz, respectively. If f_1 were the output of a local oscillator, its frequency could be chosen to shift the difference frequency to a desired value. Then when the sum frequency is filtered out, the effect would be to shift f_2 to the difference frequency.

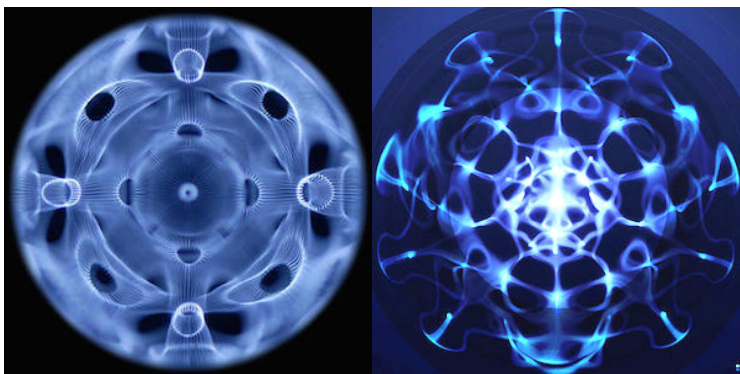
20.3.3.2 Cymatics

In conversations with the Zetas, they indicated that they have the equivalent of subroutines in our computer programs. Particular functions are encapsulated as etheric symbols. For example, a Zeta said, *“Some symbols have a predetermined function. When designing a craft, some symbols are related to the functions to be performed. Have you seen how sounds can change formations, that is the same. So, other symbol is determined by the frequency of the crystal net.”* It appears that actions on waveforms may be activated by an operator focusing intent on an appropriately prepared symbol. The intent might also transmit an argument to the symbol function in order to control the precise action to be performed.

According to the Zeta, a symbol is related to a function to be performed, like a sound that changes a formation. In this analogy, ‘symbol’ maps to ‘sound’ and ‘function’ maps to ‘changes a formation’. So the comment about *“how sounds can change*

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formations” could be a reference to [cymatics](http://www.cymatics.org), the science of visualizing audio frequencies. Figure 20.2 shows sample images created in a bath of water by the resonances of an auditory tone. The Zeta appears to suggest that this process is analogous to operations that occur in the energetic realms.



<http://www.cymascope.com>

<http://www.cymatics.org>

Figure 20.2. Sample images from the science of cymatics

The cymatic visualization may itself become a symbol tailored to a particular context. The Zeta’s statement, “*other symbol is determined by the frequency of the crystal net*”, appears to mean that a symbol encapsulating a certain function may generate another symbol conditioned by the properties of the target waveform environment.

The possibility of computation with cymatics is illustrated in Figure 20.3 obtained from this [webpage](#). The figure shows that when the sounds forming two different cymatic patters are combined, a third pattern appears that is very different from either of the two original patterns.

We must keep firmly in mind that the cymatic pattern is an analogy given by a physical phenomenon. The physical pattern is influenced by the mass of the particles of the medium, its viscosity and depth, and other characteristics of the physical material and apparatus. The

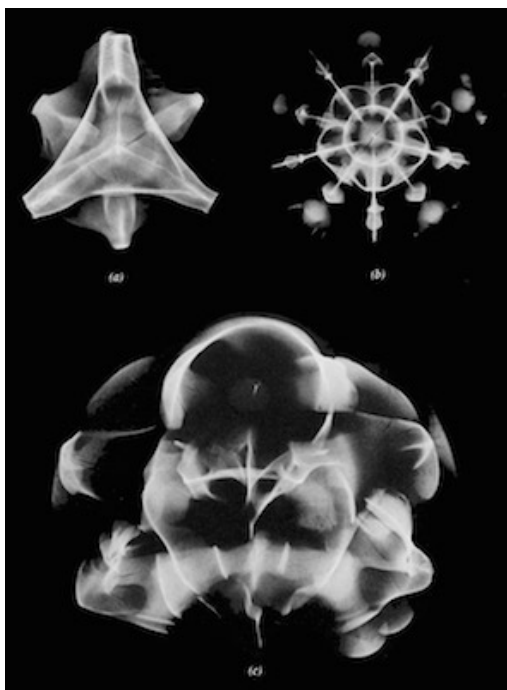


Figure 20.3. The sounds of the top two cymatic patterns combined to form the bottom pattern (from Hans Jenny)

etheric environment may have its own properties, and so the applicability of the analogy is uncertain.

20.3.4 Applications of the heterodyne analogy

Heterodyning and cymatics appear to be analogies of multipurpose tools available to the Zetas for problem solving in the energetic realms. They likely use these tools in sophisticated ways that we cannot yet imagine. However, we may be able to understand how these tools could be applied in a number of simple applications. These are discussed in this section.

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Heterodyning is a particularly useful analogy for understanding operations on waveforms in the energetic realms. It explains how the states of consciousness of entities may be changed in a controlled way. Suppose, for example, f_1 is the state of consciousness of a very loving being and f_2 is the state of consciousness of a less loving being. If f_2 is less than half of f_1 , the difference heterodyne would be analogous to some state of consciousness greater than f_2 . If the difference heterodyne were then to replace f_2 , the state of consciousness of the less loving being would appear to be raised.

But, according to the heterodyning analogy, there is something missing. What is the non-linear process that would generate the heterodynes? Fortunately, its identity was given in the discussion of the creation process. The creator being modulates the reference state of consciousness with the properties of the thing to be created, and this happens only when there is an appropriate intention. Intention, then, is the non-linear device in consciousness needed to activate the heterodyning process. It would initiate [modulation](#) of a reference state of consciousness in the creation process, as well as shift states of consciousness of beings in their interactions with each other.

To reject the sum heterodyne and recover the difference heterodyne, there must also be a mechanism that acts like a low-pass filter. Such a filter is implied when the Zetas said that beings cannot access creations made by others at a state of consciousness greater than their own. The cut-off of the low-pass filter would be at the being's highest possible state. Therefore, the sum heterodyne at a state higher than either f_1 or f_2 should always be inaccessible.

The following topics may now be understood in a different light given what we know about the heterodyning concept at even a rudimentary level.

20.3.4.1 Human connection with other beings

Early in the process of learning to communicate with extraterrestrial beings, Paul Hamden was told via automatic writing that he "*would have to learn to go to them.*" He had no idea then what that meant.

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He also came to understand that “for the journey to continue, certain changes needed to be made to my structure.” He allowed the changes to be made to his etheric body with some trepidation, and the results did ease the process. He observed, “Everything that takes place is organized by the races, but I am able to veto any development process I do not like. However, I am then stuck there and cannot go in any direction until I move past that boundary.”

Paul added, “In my experience I have seen that there are ‘many fields’ which are developed and they are as individual as we are. When the extraterrestrials spent a few years creating my first connection, there was a strong change to the energetic body that surrounds my physical state. They predominately used this field for communication, but I have noticed that when a new race comes or a new being from a race, the etheric field changes to accommodate the new communicator. There were often stinging sensations, points of pain and a myriad of other sensations.” Paul emphasized, “The intent that a medium sets is what determines who comes to them.”

Beings from the Zeta, Anunnaki, Sirius, and Pleiadian races come to speak through Paul, and occasionally other races come as well. He described the process of connecting with a Sirius being, for example, as very difficult. To allow the Sirius beings entry into the group, the new energy had to be integrated as “one” energy. The beings who have already adapted come regularly, particularly the Zeta and Anunnaki beings. He notes that even a different being from the same race requires adjustments to be made to the energy. Such relatively small changes can still place him in an energized state that prevents sleep.

Each of the races took different lengths of time to be assimilated - two years for the Zeta race, one year for the Anunnaki being, and the process of connection with the Sirius beings is still ongoing. Each race has its own defined energy, and the energy of connection must change to accommodate each race. They act somewhat independently of each other, as one race must step away to allow

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another to access the medium's energy, change it, speak, and then relinquish the space to the main guide.

In an interview with a Zeta, the issue of connection was addressed.

Interviewer: What does a conjoined frequency mean?

Zeta: *It means to us that it is in resonance, so if two entities are to come together, two different frequencies, then the frequencies of the two entities must change so they can be conjoined and resonate together.*

Interviewer: Ok, so it's a single frequency that each entity is defined by.

Zeta: *For connection purposes, but you see, you need to open your mind and, as there are many energies that are in existence, then for them to come to being to exist for connection purposes, there must be some point of interconnection in regards to the process of frequency and resonance of frequency. Much as each of the races have a base frequency for connection, and then depending on the entities within that race would depend on the level of frequency that they hold.*

These comments are consistent with the heterodyning process. There are many energies that are in existence, particularly the base frequencies from each race. A new energy may come into being by some process involving *frequency and resonance of frequency*. So if entities from two races wish to communicate, they can create a new energy by heterodyning the existing energies of each race. The result is an energy that might be useful for communication, depending on the input energies. The inputs may vary somewhat since the level of energy of a race above their base frequency depends on the levels of the individual members of the race.

Interviewer: What are the average frequencies of the human and Zeta etheric bodies in cycles/sec?

Zeta: *The base frequency for Zeta is 10 cycles at a level where an entity is not requiring a separated level of consciousness. But there*

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are other levels of frequency, 16 would be where a being would be in separation from self for a short time, 32 cycles is required to be in a permanent cycle of separation. We have seen that humans are between 7 and 8 cycles, some lower, some higher, depending on the frequency a human holds.

Interviewer: What does it mean to have a base frequency?

Zeta: *That analogy is in relation to the level of resonation that a being would hold energetically.*

At the time these questions were asked, the interviewer had not yet understood that frequency was an analogy representing state of consciousness. Here we are told explicitly that the discussion about frequency is indeed an analogy. We should take the numerical values given, not as actual frequencies, but as estimates of the relative vibrational states.

Let us assume, for the purpose of working through a heterodyning example, that the given numbers represent the real situation for a human wishing to communicate with a Zeta. We further assume - improperly - that the state of consciousness dimension has an equal interval, rational scale. The human's base frequency is 8 Hz while the Zeta's is 32 Hz. The non-linearity needed for multiplying the two base frequencies would be established by the intent of the human, the Zeta, or both. The Zeta once said, *"If an external being is to connect to a human, then the energy will come from the external entity."* This suggests that the Zeta might predominate in establishing the intent to communicate.

The resulting heterodyne frequencies are 24 and 40 Hz; i.e., $(32-8)$ and $(32+8)$. The low-pass filter characteristic of the system rejects the 40 Hz and leaves the 24 Hz signal which becomes the common frequency used for communication. This is a sharp increase for the human to achieve and could account for the medium's altered state of consciousness while the connection lasts. For the Zeta, lowering the state of consciousness to 24 Hz would not be easy since all

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beings are able to reduce the level of their state of consciousness below their highest possible state.

In a later interview, a Zeta confirmed that the heterodyning process was more than an analogy, and can be used to raise one's vibrational state.

Interviewer: As a hypothetical example, suppose a human with a state of 8 cycle/sec, communed in love with another being who has a state of 32 cycles/sec. Does a difference frequency of 24 cycle/sec temporarily take the place of the human's 8 cycle/sec frequency so that the human feels the love from the higher difference frequency?

Zeta: *Yes it does, and then of course once the other being of the higher vibratory nature removes itself from the reality of the lower waveform, the lower waveform reinstates itself because its natural environment reimpliments its normal state of frequency.*

Interviewer: So the human would feel the love of the higher frequency?

Zeta: *Yes, of course.*

Obviously, the heterodyning process has its limitations. For example, if the human base frequency is already at or above half the Zeta base frequency, nothing useful will happen. The new heterodyning frequency will be at the existing base frequency of the human or lower. In spite of such limitations, the heterodyning process is a useful strategy for establishing a communication channel in an energetic environment.

In practice, the Zeta recommends proper breathing as a way to achieve the required energetic process.

Zeta: *The problem with learning to breathe and attain altered states for connection is that the being does not know what breathing is required to gain the altered state. There are no direct rules or guidelines, but what you are looking to do is, sit and breathe, look for the energetic process, focus on your breath.*

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Zeta: *You must try to find the proper harmonics of your breathing to gain an altered state. ... It also depends on what energies are to come to you, this determines what harmonics are needed. When the breathing is taking place, so is the harmonics. It changes the resonant energy around the being. This provides connection to the spirit and guides and ET.*

We could interpret this advice on breathing as a search procedure for finding the best available input frequencies for the heterodyning process. The breathing process may help both to adjust the human level of consciousness and to find a Zeta level of consciousness that will generate a useful heterodyne frequency for communication.

20.3.4.2 Meditation

The advice on breathing is relevant to connecting with energetic entities in general. As the Zeta said, *“You must try to find the proper harmonics of your breathing to gain an altered state. ... It also depends on what energies are to come to you, this determines what harmonics are needed.”*

Some people may wish to have contact with entities in order to communicate verbally as Paul Hamden does, while others may wish simply to experience other realms or feel the love from contact with beings who are in a higher state of consciousness. In any case, all of these require some kind of connection with the energetic realms that is accompanied by a shift to an altered state of consciousness.

Heterodyning would be a general approach to achieve such a shift. This process requires collaboration with an entity existing at a much higher level of consciousness; that is, a very loving entity.

The Zeta advised that the human needs to prepare for this kind of contact by generating the emotion of love. *“That strong emotion gives you the capacity to be in a different frequency, because the emotional body is resonating in conjunction with the etheric body, and that's the frequency that you are emanating is based, has it's core basis, in the emotional of love.”* This emotion gives the etheric

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body the capacity needed to operate at higher states of consciousness.

The Zeta added, *“If you were to see an angel, and you felt the love from the angel, you would understand that you were increasing in frequency and emotional capacity. But the angel, or the entity that is appearing as the angel, would be sensing a lower form coming towards it, but the angel would not reject you because it understood that it has greater capacity to give you the experience, and to even possibly change you.”* The supposed angel has a higher state of consciousness than the human, and intends to give the human the experience it desires. This situation has the ingredients needed to activate the heterodyning process and place the meditator at a higher state of consciousness during the contact.

A similar but more specific example is known as the conversion experience which is usually described from a Christian perspective. In particular, people have had a sudden numinous feeling of connection to a loving entity recognized as the consciousness of Christ. When a human forms an intention by reaching out to Christ, a loving consciousness may respond that the human understands to be Christ. The consciousness of the loving entity joined with the human consciousness in the presence of the intention to connect would form a new heterodyning state of consciousness that is shared by both beings.

So a meditator may achieve an altered state of consciousness by heterodyning their own state of consciousness with that of a more loving entity. The requirements are a loving state of mind by the meditator to increase capacity, awareness of a loving being accessible in the energetic realms, and an intent to connect. The meditator then searches for the being's highest possible state of consciousness that returns a useful heterodyning state of consciousness. That state should be shared by both beings and further objectives may be pursued if desired.

20.3.5 Possible applications of the cymatics analogy

Application of the cymatics analogy appears closely related to the use of symbols. Symbols would be analogous to function names in our computer technology, while a cymatic pattern generator would be the code. The output produced would be another executable symbol that is context dependent.

As quoted earlier, *“Some symbols have a predetermined function. When designing a craft, some symbols are related to the functions to be performed. Have you seen how sounds can change formations, that is the same. So, other symbol is determined by the frequency of the crystal net.”* Here we understand that *“sounds can change formations”* likely refers to the cymatic process changing the environment when it is activated by invoking a symbol analogous to sound. The result of the cymatic operation is a new symbol which has properties influenced by the particular operating environment.

The idea that symbols have a power of their own is discussed by the extraterrestrial races. A Pleiadian once said via Paul Hamden, *“The only time a resonating form would have a true understanding of its nature is when it is in the original energy state. Then it can place 'intent' into a life form's path. It may place the symbols required for realignment with the energetic grid into a person's symbol matrix. ... It is like reading a map. You are on a journey. At each juncture, changes occur, and your existence is one of moving forward. Using the analogy of a map, all we are trying to suggest is that the map is equal to the reincarnation process.”* That is, a being preparing for reincarnation would place into a symbol matrix the symbols needed for the intent to align with the energetic grid. In other contexts, this symbol map may be known as a merkabah.

A Zeta discusses further the merkabah where significant etheric symbols are located.

These symbols which come to you are placed within a merkabah (container) by karmic self – all of the symbols required to open your abilities are placed within this container.

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Now, these are placed within the etheric body in an ascending order. Once consciousness has lifted to a stage where the first symbol is recognized, the activation of that ability is 100%. Let us say here that all of the abilities are available to you, but not “all of the potential” of the ability.

Not all beings find the first symbol – these etheric keys are vibrational alignments, and once assimilated with the universal grid, you then have the first ability activated. There is a natural unfolding of each of the symbols – the symbols of themselves are actually unimportant as they are a representation of an energetic form in a physical existence – like a cell placed into a embryonic position – there is growth – slow growth.

You may well ask “Why isn’t all of this just exposed to you when you are assimilated with the energy of the first symbol?”

All abilities must come with an understanding and knowledge, a knowing of the potential of the ability. If you were suddenly presented with all of the possibilities, you would lose your mind.

Even a being given access to one ability would do this, if you had not worked towards gaining an understanding of the process of opening and closing the energies associated with it.

The Zeta says that these are “symbols required to open your abilities”, suggesting that the abilities themselves could be preprogrammed cymatic processes. These are initiated when the symbol’s intent activates assimilation with the universal grid. Awareness of a symbol is a slow process of maturation which may not occur for everyone. A person must know what to expect before a symbol is activated to avoid the possibility of madness. For example, an unconstrained and unrecognized telepathic process might be interpreted incorrectly as self-generated voices or messages from gods or demons.

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20.3.5.2 Portal creation

A Zeta was asked about the potential of symbols to compute or carry out a function. In response, the Zeta described their system for creating and managing portals.

It is symbolic in nature, matrix of symbols able to control environment, this environment, other entities. Activation of symbology to create frequency, removal of entities.

Open and close portals to release entities, to heal people, to place symbology into etheric body of humans, to make better.

You call it programming to arrange symbology to provide functionality to computers. The technology is functions, you understand functions. So in computer code, a function provides a response. Now a function, many functions, each function has according to its structure a symbol. Now, I can perform multiple functions within one category.

Interviewer: But would the symbol have an intent?

An intention, yes, to connect telepathically to... A symbology must illuminate symbols through consciousness.

And now to take it one step further for you. Now, of course, multidimensional matrix like a, have you seen a honeycomb?

Same process, a function interact and bind together to perform functions of interdimensional nature, to close portals. Portals are a difficult process, so must combine functions because portals are a point of origin, must be calculated, also point of entry into physical realm, then of course a potential amplitude of portal, a calculation function, and then how to close must be calculated, and then to present a portal with solution once calculated, to place arm out and present portal with solution, and then portal close.

This description tells us several things about how the Zetas use their computing technology. Symbols invoke functions that do various things to control the environment. For example, undesired entities like bothersome spirits are repelled by creating vibrations. Physical

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beings are healed by placing appropriate symbology into their etheric bodies. Multiple functions can be combined so that all are invoked by one symbol. Finally, the symbols are activated by the intent of a consciousness.

An important application is the closing of portals. An open portal left unattended is undesirable since entities might come through uninvited from other realms. For this application, a number of functions are combined into one category function. It performs calculations on multiple dimensions analogous to a honeycomb. The function calculates a number of things such as the origin of the portal, the entry point into the physical universe, the amplitude of the portal, and the way to close it. These calculations are combined into one global function which is applied to the open portal to close it.

The Zetas seem to know how to calculate by performing operations on waveforms and to map calculations of several variables to a single, more complex operation. If they do such computations with cymatic patterns, the problem is represented in ways as yet unknown to us.

20.3.5.3 Memory retrieval

The Zeta said, *“Technology has capability to draw information from etheric realm in regards to many things.”* That is, a particular technology operating on an etheric information field is able to locate desired information. It may be analogous to retrieving data from a content-addressable data base, where a correlation process works in parallel to find target data that matches a set of criteria.

Such a process was mentioned in a model of how the Zeta being communicates with humans, discussed in the chapter, *“A model of communication.”* It was suggested that the Zetas tailor their response to a question by analyzing the human’s existing memories to evaluate what is already known. Perhaps a cymatic process locates the human’s relevant auditory, visual and emotional memories.

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When asked how our memories are represented, the Zeta replied, *“In flow, somewhat like an energetic stream bound intrinsically to the consciousness of an entity.”*

Interviewer: Are they like everything else part of the energy field?

Zeta: *Yes, which field you are discussing, your astral realm process. Energy in this state of existence in this universe, in this physical state of existence, but not as energy in a interdimensional state of a state of consciousness in a non-physical realm.*

Consciousness, in this universe, with these states of physicality, which is the underlying structure of what is, then accommodates consciousness. The form of consciousness is reliant on the level of frequency of the consciousness to the astral realms as it has been called. It is denser in the lower forms and less dense in energetic existence in the higher forms.

It would be hoped that ultimately the realm would transition to a different state of existence, thus allowing other life forms to interact easily with the collective human consciousness.

According to the Zeta, human memories are represented as a flow in the dynamical energy fields of the astral realm where they are bound to their owner's consciousness. This applies to physical states of existence, but not to non-physical, interdimensional states of consciousness. As we know, the astral realm is a container for all human thought energy and is a developing human collective consciousness. The latter is a component or subset of source consciousness, in that *“consciousness ... accommodates consciousness.”*

The Zeta said the density of the consciousness in the astral realm varies with the *“level of frequency”* or state of consciousness. This suggests that memories are objects created by the intent of their owners. Recall that the creation process uses a being's highest possible state of consciousness to create with intent.

If they are creations in the grid, the memories might be acted upon or reorganized by the Zetas using a cymatic process. The intention

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might be to highlight particular information in context as suggested by the model of communication discussed in an earlier chapter.

20.3.5.4 Healing

The Zetas have etheric healing technologies that may also have some relation to both cymatic patterns and the heterodyning process. The following statements briefly summarize the behaviour of the etheric body, including how frequencies are represented and changed.

The etheric body is in a constant state of change in regards to the level of frequencies. At any given point you may have what would be considered eddies of... eddies my friend, if you have the analogy of whirlpools in water. There can be unlimited swirls in the etheric body.

An injury or a sore on the body is ... represented in the etheric body as a different state of energy and frequency. What takes place in the physical is a direct representation of what is happening in the etheric body.

The state of mind that you hold will be much aligned with the etheric body. Now if your mind is much in turmoil then you can expect that much of your etheric body will behave as a reflection of your thought processes.

According to the Zeta, the etheric body is tied to the physical body as well as to thoughts in consciousness. Abnormalities in the physical body are reflected in the etheric body, so corrections to the etheric body will have a healing effect on the physical body.

The etheric body processes are said to be eddy-like swirls of energy that may have any frequency. This description is reminiscent of the cymatic visualization of Figure 20.4. It has an associated frequency which happens to have the appearance of an eddy or vortex, especially if visualized as a three-dimensional object. A shift in frequency would alter the cymatic pattern, and this may be analogous to the change in the etheric body swirl when a frequency changes due to illness.

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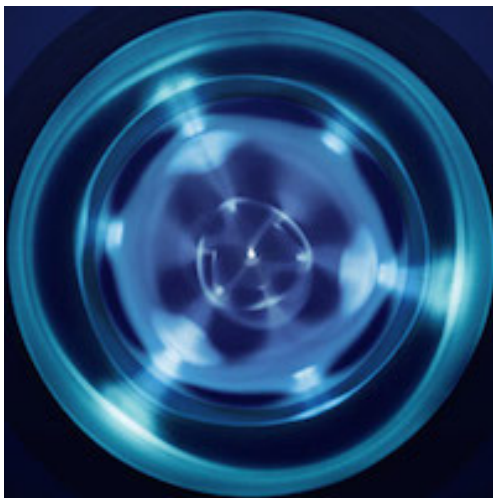


Figure 20.4. A cymatic pattern similar to the described etheric body swirl.
(<http://www.cymatics.org>)

A Zeta said, “We use many functions for the healing process. Much of that is symbols. Symbols hold frequency. A frequency is then determined, let me explain. You have the crystal in the middle of the table. That crystal provides functioning connection. There are no other crystals like it, all crystals are individuals. What if you could take that crystal and make it into an etheric symbol, and place the symbol into the etheric body? You would have a working representation of the crystal within your own body.”

When asked how they would make the physical crystal into an etheric symbol, they replied, *“The crystal is emanating a set of frequencies. The crystal is used to communicate. It has a comparative frequency within the Zeta frequency. It allows for connection process. Now, if the crystal, if its function was to you to perform healing, then we would provide the frequency as a symbology, a multidimensional symbol process. The symbol would*

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replicate the frequency of the crystal, and the symbol would then be placed into the etheric body to resonate. Because it is a frequency and the etheric body is frequency, it would then modify the frequency of the etheric body.”

The Zeta indicated that the incorrect etheric body frequency is to be replaced by the etheric crystal's frequency. If the two frequencies were similar and were combined via simple superposition, both would be present and possibly interfere with each other. Superposition could be avoided by heterodyning the existing frequency with an appropriate crystal frequency to yield the correct replacement frequency. We are told, “*The crystal is emanating a set of frequencies*”, suggesting that a suitable crystal frequency for the heterodyning process could be selected from the set.

When the healing is for the medium himself, the etheric crystal is not required. The Zeta explained that the healing can be part of the normal process they use to communicate via the medium.

So if I was to view this physical body, that it required technology, we would determine the frequency that would bring about harmony between the physical body, the etheric body, the communication processes, and ourselves. So let me give you an example. How does the medium allow us to speak through him? There is a conjoining of frequencies which is a harmonized state, and a harmonized state allows us to modify this frequency of the etheric body and we then move and speak through him. So how are we to determine if you are in a state of unwellness? We look at what is classed as the etheric swirls within the physical body which holds the etheric structure, and of course when we can see that there is disharmony, because we are able to see the swirling effect in the etheric body, we then place a frequency within that area to reassimilate the energy swirl back to the normal frequency of the etheric body. This provides the function then of physical wellness.

Although a crystal's frequency is not required in this case, the Zeta must still bring a new frequency in order to adjust the etheric body frequency. Again, to avoid superposition of the old and the new, they

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may well use heterodyning to implement the new frequency in the etheric body to produce physical wellness.

20.3.6 Discussion

The proposed generic etheric tools or methods were somewhat tentative since they were inspired by brief, perhaps incomplete, comments from the Zetas about how things work in the energetic realms. Subsequently, however, a Zeta confirmed that the heterodyning process was more than an analogy. In a meditative state, it is a strategy for raising one's vibrational state in preparation for possible connection with an entity.

The etheric cymatic processes were inferred from physical processes which have other contextual properties. As already pointed out, physical cymatic processes are influenced by constraints depending on the materials and apparatus. Perhaps the etheric realm offers constraints as well since the etheric body has spatial extent. The cymatic process may well model the etheric body swirls in this particular situation, but may not do as well in more abstract contexts.

The heterodyning strategy should have general applicability to any process involving the energy of consciousness. It has a mathematical basis and may therefore also apply to non-spatial dimensions where waveforms are still represented somehow in the form of some undefined encoding.

20.4 Portals

Portals are regions of the “waveform” in consciousness space where an entity in one vibrational state can cross a realm boundary to enter another vibrational state. If such transition points are seen by humans, they usually take the shape of a vortex. The medium, Paul Hamden, occasionally sees a vortex, and to him it means that a Zeta is nearby.

A Zeta was asked if the vortex were a construct in the etheric realm. They replied, *“There are multidimensional fabrics of energies presented as frequency. Those frequencies make up your physical*

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environment, your perception of your environment. When we wish to present ourselves into the physical environment at a distance, we create a distortion in that fabric. So the room, or a portion of the room, would seem to bend.” They added that their purpose in creating the vortex was to present themselves to the medium.

A Zeta commented on another occasion, *“We believe that many humans think that a vortex is a funnel-type device, but generally, it is a descriptive process that is utilized to give an understanding of a process. And now, it would be more accurate to state that what exists between frequencies is an intermediate layer of a connectivity between the two which allows a crossing over or a crossing between the formations.*

If this is a room, there is a room on the other side of that wall. If a door is placed in between the rooms, then we may enter through the door from one room to another, and so that would be the vortex process. This is all quite difficult to explain.

The frequency of this area compared to the frequency of where we are, these are different. The intermediate process is one which establishes a connection that allows transference between the areas of frequency, a stepping down from one frequency to another.”

Another example of how portals are used was acknowledged in a conversation with a Zeta about disks of light that people often see in their photographs. This is discussed in more detail in the chapter, *Orbs - an etheric technology*. The photographed disks are often merely a camera flash reflecting from particles in the air such as dust or raindrops. On the other hand, the Zeta said that they could also be observation portals created by beings in another realm. They explained, *“Often they are also a intermediary process, a projection of an entity that is wishing to communicate.”* When asked how they came to be in view of the camera, the Zeta replied, *“Simple function, you have your model air craft - they have remote controls. It is the same process. They are technologies.”*

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A Zeta, who is known to be a teacher of Zeta children, was asked, “What is it that you teach?” They answered, *“I teach portal recreation and manipulation. I teach how to move from matter.”* Being able to control the vibrational state of the environment such as in the creation of portals is important to the Zeta beings. This is apparent from the comment of a Zeta elder, *“Frequency provides power, power to control, power to close portals and use energy, and of course how you are to use these processes is dependant on your intent as an entity, how to change energy of another container, how to heal, how to be present, how to change what seems not to be changeable, to work in layers of consciousness. They are normal abilities of a elder.”*

The Zetas have technologies analogous to our computer systems with which they can manipulate the environment. For example, they create and manage portals by sequentially executing various functions represented by symbols. A Zeta explained, *“You call it programming to arrange symbology to provide functionality to computers. The technology is functions, you understand functions. So in computer code, a function provides a response. Now a function, many functions, each function has according to its structure a symbol. Now, I can perform multiple functions within one category.”*

When asked if the symbol was conscious and had intent, the Zeta replied, *“An intention, yes, to connect telepathically to... A symbology must illuminate symbols through consciousness.”* So the symbol has a function which is executed when it is activated by a consciousness.

The Zeta continued, *“And now to take it one step further for you. Now, of course, multidimensional matrix like a, have you seen a honeycomb? Same process, a function interact and bind together to perform functions of interdimensional nature, to close portals. Portals are a difficult process, so must combine functions because portals are a point of origin, must be calculated, also point of entry into physical realm, then of course a potential amplitude of portal, a*

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calculation function, and then how to close must be calculated, and then to present a portal with solution once calculated, to present portal with solution, and then portal close.”

20.5 Thought focusing environment

The human race has the physical experience on the Earth and also has a presence in the astral and spirit realms. The astral realm in particular is part of what we are in this physical life. In the words of a Zeta, *“The astral realms are a collection of all thought, all creative processes, all dimensional aspects which come from the existence of thought. This concatenation of all thought forms is the collective mind of the human race. ... All of you have thoughts, all of your thoughts are becoming one. As they become one, you have created a collective consciousness entity.”*

For decades, human scientists have sought the memory engram in the physiology of the brain. Little did they suspect that memories are actually recorded in the non-physical astral realm. When a Zeta was asked how memories are represented, they replied, *“In flow, somewhat like an energetic stream bound intrinsically to the consciousness of an entity. ... The form of consciousness [i.e., the memory representation] is reliant on the level of frequency of the consciousness to the astral realms as it has been called. It is denser in the lower forms and less dense in energetic existence in the higher forms.”* Memories are encoded in the astral realm by a creative process using the human’s current vibrational state.

The Zetas are confident that the collective mind of the human race will rise to a level that will allow communication with extraterrestrial races. In the meantime, the human collective consciousness is already developing new abilities that are not yet well controlled, and these are negatively affecting other races. Apparently, our behaviour is like a curious child who knows no boundaries.

The Zeta explained the dilemma that the human race presents, *“The human race is emanating thought forms into the universal structure*

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of consciousness. The perception is that the human consciousness will affect greatly the fabric of consciousness for other races if no attempt is made to influence internally this race.” They continued, “Let me try to give you imagery. Other races are isolated within spheres. What takes place within those constructs does not permeate into other levels of consciousness. But the humans have their sphere, spherical process is not created yet, so at its infancy. Its consciousness is pervasive.”

The childlike human collective consciousness has not yet developed the restraint it needs to coexist with other more mature races without interfering with them. The collective consciousness of these other races have a process that prevents interference with their neighbours. The process verifies that outgoing communications are acceptable to the recipient. Such a process is not yet in place for the human race, so the '*all-pervasive*' humans can mentally intrude on the consciousness of other races.

The extraterrestrial races are hoping that this situation will change, that human consciousness will be properly encapsulated. The Zetas are actively working to facilitate this, but they cannot interfere directly because of their higher vibrational state. Instead, indirect methods have been devised to accelerate the maturation of the human collective consciousness.

One method used by a number of extraterrestrial races is to be born in the human form as part of a hybrid consciousness. With the permission of the prospective human mother, a spirit realm consciousness and an extraterrestrial consciousness can share one human body. As humans, the Zetas and other races can directly influence the vibrational state of the human collective consciousness.

A Zeta explained, *“For the changes to be made to the human consciousness, races incarnate into the human form, which then allows them permission to create thought and the thought permeates the collective consciousness of the human race. Then when the entities transition into spirit realm, many spirits then have*

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consciousness for recall of extraterrestrial activity.” The Zeta estimated that approximately 30 percent of humans have a hybrid consciousness.

Another way for the Zetas to influence the human collective consciousness is to focus a higher vibration on it. This is expected to raise the human vibrational state so as to minimize the interference with other races. They explained in the following dialog what they are doing and how they are assisted by a technology.

Zeta: *There is a active program in place where many of our race have come together and sit within circular processes, inside clear spheres. There would be roughly eight to ten of us sitting together. Each of the spheres has within it a representation of your planet. We focus together as a group and hold a planet's consciousness within our thought process. Replicate this across many hundreds of spheres. This combined thought process, this combined telepathic joining, preserves the undulating effect of the collective mind of the human race around this planet. We are holding, as a group, the consciousness of the race in its current state to aid in the process for the transitional environment that the human mind is moving through. We do not wish that undulating chaos to move out into other races' potential.*

Other sphere processes are used for holding and supporting the race, the human race.

Interviewer: How often does this process take place?

Zeta: *Continually.*

Interviewer: Ok, so it's different people in the spheres at different times?

Zeta: *Different beings of the race that are confined within the spherical process, much likened to... the spheres are a mechanism that are created by us. They are not illusitory, they are not of the same components as the mirrored environments. They are a technology. Now, you may access the sphere, the spherical form, by being in the physical container and aiding in the combined*

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telepathic journey to support the race, the human race. Others may exert influence telepathically on the component internal to the sphere, but be external to the process. This combined effort is based on what is best for the human race.

Interviewer: So it's an ongoing process?

Zeta: *It is not a suppression, it is a managed potential.*

Interviewer: These beings that man the spheres, is it their job, is that what they do?

Zeta: *It is not a job. It is a desire to want to be of service, to move into a state of consciousness. There are certain rewards that are attained when sitting with others, personal levels of satisfaction, knowing that the support that is given to beings such as yourselves, is of a worthwhile nature. There are many humans that are seeking to support the collective consciousness of the human race to a greater potential. Each of these individual humans numbering the millions across the planet are the nodes, are the entry points for this consciousness, for this collective effort in aiding the planet.*

Interviewer: Who are the humans who are supporting this process?

Zeta: *The planet is taken as a whole entity, the collective consciousness of the humans is taken as a whole entity. We seek all who will work towards supporting the framework of this environment.*

Interviewer: So it's the humans themselves who are choosing to support, or are they chosen by the Zetas?

Zeta: *If you make choice to walk in a higher level of consciousness, that is a choice made by you in freewill. That will be a beacon to the race.*

Interviewer: These spheres, how far off your planet are they?

Zeta: *They are near your planet, as close as the moon.*

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Interviewer: You were saying that the physical could go into these spheres, as well it can be done with telepathy. How does a physical container go into one of these spheres?

Zeta: *How did you come into this room?*

Interviewer: Yes, there is obviously a doorway.

Zeta: *There are potentials yes, to enter and leave and to join in telepathically, a means to refocus one's mind as one would in the meditative state.*

Interviewer: You said that the spheres are made from technology, so they're not a biological entity?

Zeta: *Well, we class the biological matter as technologies.*

Interviewer: So are these made of biological matter as well?

Zeta: *Of some form, yes.*

Interviewer: When the craft goes, the spheres go as well? Does the sphere become nothing, does it...

Zeta: *The spheres are reconstituted, they are simply a device to hold members of the race, so they may sit in a circular room, circular fashion, and focus their intention on an image of your planet.*

Interviewer: Now you said there are hundreds of these at any one time. There must be a lot of craft going backwards and forwards.

Zeta: *One craft produces the structure of spheres. Let me explain. Do you love bubbles? If you place a straw device in a bowl of liquid, as the air pressure is placed into the surface, it creates many of your bubbles, yes? It is the same process. The bubbles replicate themselves under pressure.*

Interviewer: So once that craft has done what it's come to do, another craft will come, produce the bubbles and then the first craft will go back?

Zeta: *Why does the craft leave? We have said that it stays. The craft has been created to produce the spheres, the spheres are there*

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continually, the craft is there continually. This process has been in operation for many years. You do not have the technologies yet to interfere with what is taking place.

21. The utility of Zeta science

The Zeta cosmology has fundamental attributes and general processes that can help us to understand phenomena. A variety of human experiences cannot be explained by current science, but can be understood in the context of the cosmology. Phenomena that are hard to explain include near-death experiences (NDEs) and out-of-body experiences (OBEs), remote viewing, and telepathy. Even everyday sensory experiences are not understood since they are not a function of matter. The cosmology offers insight into these phenomena.

21.1 The experience of sensations

Sensory experiences are common but are hard to explain. They are often taken for granted and the need for an explanation is easily ignored. We taste our food, smell the perfumes of flowers, appreciate the colours we see around us, and feel the light touch of a feather stroking the skin. These sensations are called qualia by philosophers. Materialistic science generally refuses to acknowledge their existence as real, referring instead to physical correlates of these sensations. Rather than addressing the sensation of a particular colour, the scientist measures the wavelength of light striking the retina that produces that sensation. There is a conceptual

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discontinuity between a sensation and its physical correlate, but its importance is not acknowledged.

The best that the materialist can do is pretend that the discontinuity between the description and the experience does not exist, or that the sensation is merely an epiphenomenon produced somehow by neural activity. Ironically, it follows that the materialists' understanding of physical reality is derived from subjective states deemed to be irrelevant.

Subjective sensations are not physical, so understanding their nature is not relevant to materialistic science. How and where else could sensations be represented if not in matter? They are obviously the end-point of the perceptual process. We are aware of them, and so a non-physical representation must be accessible to our consciousness.

According to the Zeta cosmology, information in a physical stimulus are potentials of the non-physical etheric representation of the stimulus. A being's perceptual process creates awareness of a sensation by instantiating higher-vibration consciousness potentials. That is, each act of perception ends with instantiations of potentials in the energy of consciousness. So sensations such as colour and taste are properties of consciousness itself.

In higher-vibration realms, the quality of sensations should be enhanced when quanta are rendered and transformed with greater precision. Ziewe (2008) encountered sensory experiences in his out-of-body travels that were unknown to him in the lower-vibration etheric realm. Alexander (2012, pp. 38-40), in a report of his near-death experience, described another world that was 'brilliant, vibrant, ecstatic, stunning.' The colour of people's clothes 'had the same kind of living warmth as the trees and the flowers'. A girl's outfit had an 'overwhelming super-vivid aliveness'. He found himself riding on the wing of a butterfly, 'alive with indescribable and vivid colours'. He experienced truly unusual sensation, perhaps because of the realm's higher vibrations.

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The idealism assumption of the cosmology permits a reasonable explanation of how etheric stimuli are transformed to subjective sensations. Unlike materialism, it does not deny the obvious qualitative difference between subjective sensations and correlated physical processes. Our experiences of sensations are properties of an all-inclusive consciousness.

21.2 The near-death experience

The idea that a spirit consciousness persists after the failure of the body is becoming more accepted. Many people have reported a NDE when the body fails temporarily after a heart attack or other potentially life-ending events (e.g., Van Lommel, 2010; Long, 2010; Alexander, 2012). When a NDE occurs, the consciousness of the person separates from the distressed body and finds itself in a body that is invisible to other humans in the room. In this state, the consciousness may have various novel experiences including blissful meetings with deceased acquaintances and angelic entities. Eventually, the consciousness returns to the injured body to tell others about the experience.

A consciousness may also separate from an uninjured body. This tends to occur when it is not aware of the physical body. The consciousness finds itself in a similar body in another place which can seem more real than the familiar waking experience. This is known as an OBE (e.g., Buhlman, 1996; Ziewe, 2008, 2015; Peterson, 2013; Kirkpatrick, 2015; De Foe, 2016).

According to the Zeta cosmology, all objects of matter in our universe are configurations of consciousness. The configurations are holographic-like patterns, or quanta, existing in the etheric range of vibration. Since the human body is matter, it too is represented as etheric quanta. The body can be perceived only with perceptual processes tuned to the etheric vibration.

Although the body often heals itself, there inevitably comes a time when healing does not occur. An injury to the body may be too great or an illness may be too severe, and so the body ceases to function.

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When the local consciousness recognizes that the body may be beyond repair, it releases itself from the etheric body and moves to a body that is invisible to onlookers. The consciousness returns when the body is resuscitated, and the person may report an NDE.

A similar movement of consciousness to another body occurs at the beginning of an OBE. A Zeta described the transfer of conscious awareness to the astral realm, *“Simply, as an act of will, you will drive the physical processes to a point where they do not exist. At that point, the consciousness will release itself from the physical body, and using the etheric template of the body, present itself within the astral realm.”* The creation process intrinsic to consciousness brings a new body into existence that is patterned after the etheric body.

The created astral body also has a holographic-like representation in consciousness. However, it clearly differs from the etheric body in that it cannot be seen by human onlookers. Therefore, it must have a higher vibration than the etheric body. Any humans in the etheric realm cannot decode the information in the astral body because their perceptual processes are tuned to the lower etheric vibration. On the other hand, the consciousness in the astral body is still aware of the lower-vibration etheric body and its surroundings since any being can transform quanta at its vibrational level or lower.

The astral body that appears during an NDE or OBE is said to exist in an environment that initially appears similar to the familiar Earth environment. The perceptual process tuned to the astral vibration continues to transform quanta in either realm, and so consciousness continues to experience matter. In the astral realm, experiencers may report that their body flew to another location or moved there at the speed of thought (Ziewe, 2008). The environment may change according to their expectations or intentions as if their thoughts were externalized.

Ziewe (2008, 2015) observed that not all thoughts were equally effective for changing the environment. He also concluded that there were still ‘laws of nature’ influencing such higher-vibration

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experiences. A Zeta agreed that a higher-level construct of consciousness like the spirit realm influences the belief structure of every inhabitant and so encourages a consensus reality.

21.3 Telepathic communication

What is telepathic communication? The medium explained, “Images are sent to us via telepathic communication from spirit and guides. We may see the images via our imagination or as a vision. We can see images, symbols, direct information, and colours, or just sense the energy emotionally.”

People who have had interactions with beings of extraterrestrial races report that communication is often telepathic. Images form or words present themselves in the mind. Some humans already communicate that way at a very rudimentary level, and that capability is expected to improve as the vibrational state of the human collective consciousness continues to rise. A Zeta said, *“It has been seen that this one race will develop into a higher level of consciousness, it will define the new behaviour of the race and then, that will provide an entry point for other races to have physical contact to a larger degree with you as a race.”* The higher level of consciousness is a prerequisite for normal communications with extraterrestrial races.

The Zeta also said, *“The grid is used by many races and planetary beings, somewhat like a communication process. Not only does it aid in the telepathic communication between your beings of this planet, we use it as well. All conscious thought is placed into the grid, and it is used by many ET races as a medium for telepathic communication.”* To communicate telepathically, a being creates a message in the form of a holographic-like pattern, or quanta, in the grid. The perceptual process of the receiver would need to be tuned to the message’s vibrational state or higher in order to transform the message quanta to sensations.

A being typically creates using its highest possible vibration. However, a message from a higher-vibration being must be created

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with the lower etheric vibrations in order to be read by a human. That this is possible was confirmed by a Zeta and supported by humans who say they have been contacted telepathically by extraterrestrial beings (Hernandez et al., 2018).

The Zeta predicted that humans will develop a technology to assist the telepathic process. They said, *“There are many technologies that you are developing that are based around the natural abilities that you already own, and I will take telepathy as one of those processes. You are able to develop telepathic communications, but you are developing technology to aid the human race to have the ability.”* However, there are dangers in following that path. They asked, *“Who is able to monitor your process if you are able to read each other's minds through technology? Any race, anyone who is in control.”* When a technology is required for telepathic communication, control of the communication is in someone else's hands.

We were strongly advised to use the assistive technology as a temporary measure. It would be much better to develop telepathy to the point where technological assistance is not needed. But they said, *“You choose whether you accept what is to be offered to you.”*

By simulating the human timeline in their synthetic quantum environments, the Zetas have determined that humans will achieve that kind of progress before too long. A Zeta explained, *“It is possible to take a copy of frequency [e.g., a timeline] and to map it into an environment which has been termed the synthetic quantum environment. ... Within this environment, there can be determined probabilities through observation. The observation has been that within 28 of your years, your technology will assimilate you, will support you, will guide you.”* Given the date of the conversation, they estimated that human technology will advance to this level before 2042.

Other comments about the development of telepathic communications were made on several different occasions as follows.

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Zeta: *We believe that in the next thirty years your technological age will come to its final conclusion. We believe that the biomechanical, genetic and nanotechnology that is being developed will be used to support you as a race. We believe that, as you now have telephonic devices to speak to each other and communicate, that you are being prepared to move into an age of telepathy aided by your technology, as each of you now expect to have instant contact with each other via your devices. Once your devices are improved, I would say, they will then aid your consciousness in contact with each other.”*

Zeta: *Your collective mind, in its undulating state, is being prepared for the transition to a telepathic process. You will become more in tune with your innate abilities based on consciousness, and in doing so, you will be able to communicate yourselves much easier. Firstly, you will be offered this on a technological basis. Much of your technology now is aimed at or based on communication with each other as this technology is offered to you. Ultimately you can move into connection with each other; the amplified state of thought that you will exist in will allow you to bypass the technological states. And so will begin the normalization of the collective consciousness of the human mind.*

Zeta: *But of course, your phones cannot access other races. Your phones do not have the ability to provide telepathic communication and entry points to other beings’ consciousness. So for your communication processes to adequately perform this function, they will need to move from the current system to a biological entity. Why, and that is because the biological entity will support access to your telepathic abilities whereby you can then amplify your thought processes, and the environment will then connect to who you wish to connect and speak to.*

Interestingly, they said that the technology to assist human telepathic communication will need to be based on a biological entity. The Zetas themselves use a biological organism as a craft and they communicate telepathically with it.

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An advantage to telepathic communication is that any attempt to communicate an untruth is not likely to go unnoticed. A Zeta was asked, “Would a telepathic being always know when someone is attempting to communicate an untruth? Why would it know?” They answered, *“Telepathic communication inherently has within it the potential to hold a certain frequency. If you are able to perform the function of a thought, a transfer, to try to infer an untruth in that range of thought processes would also betray the communication, as if inbuilt into the telepathic process is a means whereby a entity is much more exposed to being read or being exposed. Their thoughts are exposed, the quality of their thoughts are exposed, the makeup of the thoughts are exposed, they are not words, they are potentials. The potentials hold within the fabric, the makeup of the fabric.”*

The chapter, *Interaction with low-vibration entities*, includes a more extensive discussion on the possibility of deception in telepathic communication. The inability to deceive will undoubtedly produce changes in current human relationships where even white lies are often considered necessary. But any issues that arise should not be insurmountable in the higher states of love necessary for telepathic communication to occur.

21.4 Remote viewing

When performing a remote viewing exercise, a viewer’s intention is to have sensory experiences of a particular remote location (Puthoff, 1996, Schwartz, 2019). The property of consciousness that might help to distinguish locations is the grid. A Zeta said a grid was instantiated to support the creation of spacetime. With the grid as a frame of reference, quanta representing objects of matter would have particular locations in spacetime. A consciousness could ‘think’ to those locations to view the objects remotely. It is important to note that the grid is a mental concept and not in itself an indication of spatial extent in consciousness.

Like a telepathic message, objects to be viewed remotely are encoded as quanta in the grid. A remote viewer’s perceptual process

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would transform quanta at a particular location as if they were a telepathic message. Both the remote object and the telepathic message would be transformed to higher-vibration consciousness potentials to be experienced as sensations.

A viewer's perceptions of the remote object could be biased by expectations of what to find. To minimize such distractions, remote targets are sometimes identified to the viewer by arbitrary alphanumeric codes. Such blind identification of the remote site can be successful, suggesting that the remote viewer does indeed use the intuitive telepathic process. The intention to perform the task would focus on the end goal rather than the path taken to reach the goal. The focus on the end result appears to be a general principle for utilizing the energy of thought.

Novice remote viewers would have to overcome the learned bias to transform quanta at nearby locations. That strategy is inappropriate for accessing an unfamiliar remote scene. To become proficient, they would practice setting the intention to use the telepathic process instead. When the remote viewer's intention is successful, the quanta at the remote site are transformed by the perceptual process and experienced in consciousness as sensations.

Remote viewing is most successful when the focus is on the experience of the sensory features rather than the interpretation of what they mean. The expert remote viewer typically reports features like colour, smell, and texture. Trainees are discouraged from reporting constructs such as particular buildings or other manufactured items in favour of the sensations experienced.

21.5 Materialization of an apport

An apport is an object that suddenly appeared in mid-air, usually in the presence of a physical medium (Von Ludwiger and Nahm, 2016), but sometimes spontaneously (Roll, 1972). The object continues to exist like normal matter. The materialization is usually attributed to the actions of a spirit being.

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The following is a Zeta's summary of the materialization process as it applies to apports.

Zeta: *When a medium develops the ability to apport or materialize processes, they are understanding that the spirit realm people are in relationship with other entities. Some would say they are called in. Now, the spirit people take an image of the energetic body of the process, and of course the image contains all of the physical structure for the basis of the apport process. The new apport, the etheric body of the apport, is brought to the physical location where the apport is to manifest, and it is populated in carbon. Now, of course, the apport is not carbon, my friend, but has its basis in many molecules, in many bases of molecular structure, and so the spirit people change the molecular structure to replicate exactly the etheric body process, so that it physically materializes as being a mirror image of the physical that has been copied.*

Physical mediums work with spirits to cause apports to appear as if from nothing. Figure 21.1 shows an image of a particular apport that appeared during a physical mediumship séance with the German medium, Kai Muegge. The crystalline object shown in the left panel fell from the underside of his downturned palm into the author's

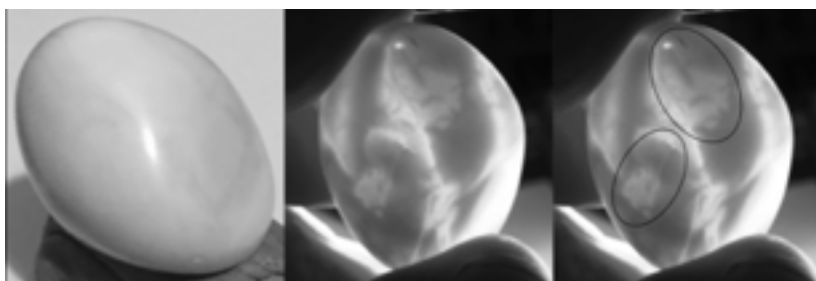


Figure 21.1. Left - Crystalline apport, Middle - Backlit interior, Right - graphic overlay.

hand. The medium's hand was easily visible in soft red light. The materialization of the object coincided with a brief twinkle of white

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light. The presumed spirit said with the medium's voice, "It is the first time that we opened the crystalline structure and embedded certain portions of ectoplasmic substance to see afterwards." Remarkably, when the crystal was backlit in darkness and held at a certain orientation, clear representations of a male and a female human head appeared as shown in the middle panel of the figure. The right panel identifies the locations of the heads inside the oval graphical overlays.

An enlarged view of the interior of the crystal is shown in Figure 21.2. In this image, other less obvious features of the man's body can be seen. The right hand is beside the head with the palm turned upwards, and the fingers and forearm can be distinguished. The left

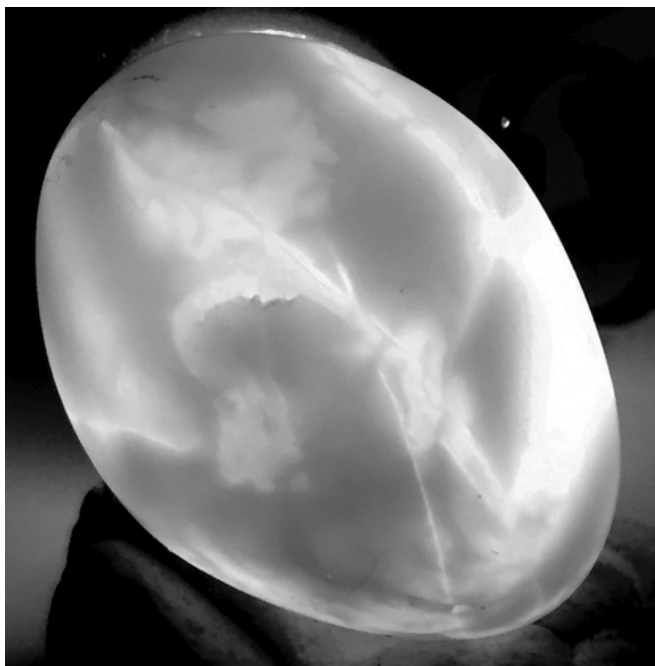


Figure 21.2. Larger view of apport interior, slightly different orientation.

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hand is cupped just behind the woman's head. The two larger dark areas on the right side of the image might then be identified as the man's left arm and leg, with the left foot extending to the floor.

The probability of finding such detailed depictions of human heads and other body parts in natural objects of this kind would be very low. If by chance they were found, they might be attributed to pareidolia. However, the alleged spirit's comment anticipated that something unusual would be found inside the apport. Such prior knowledge eliminates chance as an explanation.

The Zeta cosmology accounts for the appearance of the anomalous object. The object was perceived as matter, meaning that it was represented at that location by quanta in the etheric realm. The agent responsible may well have been the higher-vibration spirit being as maintained by the medium. In agreement with the alleged spirit, the cosmological framework suggests that the quanta representing the object had been altered to create the internal forms. The object was experienced as matter by human observers at the instant when the quanta became compatible with their perceptual process.

22. The Zeta understanding of qualia

A difficult issue for human science is the subject of qualia – the experienced qualities of sensations like colour, taste, smell, and pain. The “felt quality” of these sensations has physical correlates, but is not at all described by them. The [Internet Encyclopedia of Philosophy](#) remarks that, *“From the standpoint of introspection, the existence of qualia seems indisputable. It has, however, proved remarkably difficult to accommodate qualia within a physicalist account of the mind. Many philosophers have argued that qualia cannot be identified with or reduced to anything physical, and that any attempted explanation of the world in solely physicalist terms would leave qualia out.”*

The view of reality expressed by the Zetas holds that consciousness is fundamental, and that the intention of a being is the stimulus that drives creation. In an interview, a Zeta speaking through the medium was asked about qualia and how it is that we experience the sensations we do.

22.1 Interview with the Zeta

Interviewer: There is an issue that psychologists and philosophers have tried to deal with for a long time now. When one perceives something like a colour, the colour that is perceived is correlated with the frequency of the electromagnetic radiation that hits the eye. However, they have never been able to explain where this particular experience of the colour comes from. Why do I see the colour red, for example? Is there some mechanism deep within my consciousness that somehow gives me the experience of red?

Zeta: *If you were taught that red was blue all your life, you would name it blue.*

Interviewer: Yes, but again that is just a word that correlates with an experience. What I want to know is, where does redness come from when I perceive that particular colour of red.

Zeta: *I don't have a proper understanding of your nuanced physiology, but it would be based on your genetic structure so that each of you is able to perceive certain frequencies, or what word would you use?*

Interviewer: The same question applies to taste. We taste something because of a kind of lock and key mechanism in the particular ...

Zeta: *... to get a reaction.*

Interviewer: Yes, but why do we taste something sweet or taste something sour, where do these sensations come from? I'm not looking for correlations with physical variables. What I'd like to understand is where these sensations arise.

Zeta: *That is not something that I can answer.*

Interviewer: No? Ok.

Zeta: *Have you not your medical doctors able to ...*

Interviewer: Some of it, but like I said, human science doesn't understand this.

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Zeta: *And you do not understand yourself.*

Interviewer: Yes, that may well be, and that's why I'm looking for an answer.

Zeta: *But we do not dissect you.*

Interviewer: No, but the experience of the colour red is just in consciousness somehow.

Zeta: *Yes, of course, what if you asked a spirit person, what colour is their clothes. They may answer you and tell you that they are red.*

Interviewer: Right, why does their consciousness experience the colour red? Sure, they can tell me what it is, but I would like to know why they experience it. It must have something to do with the nature of consciousness.

Zeta: *An interesting question, my friend, something I have not pondered before. But it will be a perception from my point of consciousness that there is a standardized process within consciousness for a trace that allows you to have a perception of what is bound to your physical reality. So the hologram (that you state) is correlated by in making this a bridge allows you to all experience the same thing. If I was to eat, which I do not, something which was, as you say, sweet, I'm sure that my consciousness would perceive it differently than your consciousness. It may taste bland.*

Interviewer: Yes, these sensations are very personal, so you are right, what you experience may not be the same as what I experience ... to the same stimulus.

Zeta: *Has not your science worked on this?*

Interviewer: Philosophers mostly have tried to deal with this question. Again, scientists correlate the sensation with physical parameters, but they don't understand where the actual experience comes from. It's left to philosophers to talk about.

Zeta: *And so when you die and you no longer exist in your physical body, would you know what red is?*

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Interviewer: I think I would because people who have returned from death have talked about experiencing colours.

Zeta: *Does John Collins [the medium's spirit control] know that his boots are black?*

Interviewer: That's a good point, because he doesn't experience the same physical stimulus that we do. So he has created the colour. He starts with the sensation and ends with the perception.

Zeta: *It is consciousness at work then. There must be some structure well defined in the universe that gives understanding to what is within the structure.*

Interviewer: That's probably as far as we can go to an understanding, would you say that was true? There is some mechanism within a structure...

22.2 Discussion

Initially, the Zeta thought the interviewer's questions were concerned with the physical correlate of a sensation. But when the perception of colour by a spirit person was addressed, the discussion began to focus properly on the “felt quality” of a sensation. They said, *“It will be a perception from my point of consciousness that there is a standardized process within consciousness for a trace that allows you to have a perception of what is bound to your physical reality. So the hologram (that you state) is correlated by in making this a bridge allows you to all experience the same thing.”* Further, *“It is consciousness at work then. There must be some structure well defined in the universe that gives understanding to what is within the structure.”*

The Zeta said, *“... there is a standardized process within consciousness for a trace that allows you to have a perception of what is bound to your physical reality.”* The trace is encoded in the holographic-like pattern or quanta defining an object in consciousness. For example, a trace for the potential ‘redness’ of an object is encoded in the quanta. It is only experienced as a ‘redness’

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when it is transformed by a being's perceptual process to a particular higher-vibration potential in consciousness. The trace of 'redness' is common in quanta across all possible vibrational levels. It is transformed at all those levels to a similar sensation of 'redness'.

The trace created in quanta is interpreted by a standardized process in consciousness which produces a common experience of the "felt quality" of the trace. The process is standardized in that the same "felt quality" is aroused from traces created by beings operating at different levels of consciousness. This standardized process ensures that the experience of a particular sensation is independent of the level of consciousness of the being. As they said, the standardized process *"allows you to all experience the same thing."*

In our physical realm, an existing physical stimulus or quanta generates a neural representation that corresponds to the stimulus. The neural representation places a thought in consciousness that includes the trace. The trace is transformed by the perceptual process and experienced as a sensation.

For entities in all realms, the trace is normalized by the standardized process so that different levels of consciousness may experience the correct "felt quality" of the trace. Nevertheless, it is possible for the "felt quality" to differ from the norm. Colour vision, for example, can be totally absent due to a genetic anomaly ([Nordby](#), 1996), and is called *"hereditary achromatopsia totalis."* The neural correlates for colour are absent in a person with this anomaly, and the associated trace in consciousness would not be what the standardized process needs to generate the experience of colour.

On the other hand, there are reports of very enhanced colour perception from people who have approached death and returned to tell us about it. An example is the experience described by neurosurgeon, Eban Alexander, while he was in a coma. As described in his book, *"[Proof of Heaven](#)"*, he emerged into another world that was *"brilliant, vibrant, ecstatic, stunning."* The colour of people's clothes *"had the same kind of living warmth as the trees and the flowers."* The colours of a girl's outfit had an *"overwhelming*

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super-vivid aliveness." He found himself riding on the wing of a butterfly, *"alive with indescribable and vivid colours."* In this realm, he was able to perceive truly unusual colours.

The traces representing the colours seen by Alexander must have contained information not normally generated from our neural processes. He tells of a girl he encountered who looked at him with a love that was *"beyond all the different types of love we have down here on Earth. It was something higher, holding all those other kinds of love within itself while at the same time being more genuine and pure than all of them."* This tells us that the environment was created by beings with a very loving nature. Beings with that level of consciousness are able to create and perceive traces of colour that are not generated from the lower-vibration etheric realm. For Alexander to be able to experience the environment, he would have resonated with this loving being to share her higher level of consciousness.

22.3 Conclusion

The "felt quality" of sensations such as taste and colour (i.e., qualia) is beyond the reach of our science to explore. Such perception is a very personal subjective phenomenon and is a property of consciousness itself. The Zeta beings were asked to explain what it means to experience qualia.

In their view, a sensation created by a being at a particular level of consciousness is normalized by a standardized process to produce a "felt quality" common to beings at all levels of consciousness.

23. Meaning of 'Level of Consciousness'

The term 'level of consciousness' is often used in discussions of spirituality, but with only a general sense of what it means. Raising one's consciousness seems related to becoming more aware of existence and becoming more loving towards all of creation. A low level of consciousness is related to the baser emotions such as fear and hatred. The expression takes on new meaning from the perspective of the philosophical and scientific information introduced by the extraterrestrials via Paul Hamden's mediumship.

During one of these séances, a Zeta said about the nature of reality, *"The void is a living entity of total consciousness, oligarchical in nature, and is partially living as an experience in separation - through illusion - of self through the vesture of matter. Each separation of consciousness is layers to perform many functions - oversouls. Some levels of consciousness pervade the worlds of matter, whereas others are multifaceted in energetic form, each having the ability to exist as a race of beings in every form."*

This is a relatively obscure way of saying that all aspects of creation are elements of a source consciousness that is layered to facilitate experiences in separation. Some layers pervade our three-dimensional material world, while others are more complex,

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multifaceted energetic existences. The extraterrestrial information provides a basic understanding of the nature of the energetic realms, and it shows that 'level of consciousness' is related directly to the structure and function of the cosmos. The following includes some of the context required to understand this. Additional relevant background information can be found in other chapters, particularly *Creation and perception*.

A special class of conscious energy exists from which souls were formed. A soul is composed of various facets of energy we may call spirits. In the Zeta's words, *"The soul belongs to a class of energies which distinguishes it from all other conscious entities in the universe. It is self-aware and understands its distinctiveness. The soul is multifaceted and incarnates in many states of being in many realms while still remaining one entity."* The overall purpose for the soul's existence is to have new experiences and to make comparisons with self so that the source consciousness can come to understand itself.

If it wishes, a soul fragment or spirit consciousness can occupy a physical form. The Zeta observed that a human spirit in that state is not fully aware of its nature. It has a form of amnesia which prevents it from remembering prior experiences and knowing its origin. This constraint is self-imposed merely by entering the lower physical vibrational state, and increases the likelihood of novel experiences while in the physical form.

When the physical body dies, the associated spirit consciousness is once again fully aware of its nature. It returns to its place of origin, such as the spirit realm, and may choose once again to begin a new life in a physical body. We know this process as reincarnation. In general, various human spiritual philosophies hold that the particular incarnation chosen depends on the state of one's karma, the idea that the life chosen must somehow compensate for the shortcomings of previous lives. In other words, one chooses to reap in the next life what one has sown in previous lives.

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A being, who identified itself as a member of the Pleiadian race, expressed this idea of karma when they said, *“Some beings believe that the information they have brought forth from another existence is of a nature whereby they have to redeem themselves from something they have done in another lifetime. The truth is the lessons provided to you are not of a minor consequence. It's looking at your vibrational status as an energy being that would provide you with a greater vibrational challenge”* (Hamden, 2012). The Pleiadian agreed that the lessons in a given life are important, but the effect on one's vibrational status as an energy being is even more important.

The Pleiadian cautioned, *“The story that you have developed for yourselves is one of karma. These words do not suit the reason behind why you have chosen to come to any existence.”* In other words, the concept of karma is inadequate for understanding why a particular existence was chosen. The reason for one's current existence is not well explained by stories of past lives. Rather, the choice of a particular existence always arises from the desire to improve the current vibrational state.

Further, they said, *“The only time a resonating form would have a true understanding of its nature is when it is in the original energy state. Then it can place 'intent' into a life form's path. It may place the symbols required for realignment with the energetic grid into a person's symbol matrix. ... It is like reading a map. You are on a journey. At each juncture, changes occur, and your existence is one of moving forward. Using the analogy of a map, all we are trying to suggest is that the map is equal to the reincarnation process.”*

That is, we revert to our true energy state when the spirit transitions from the physical realm to the spirit realm. It is then possible to see how much the current vibrational state deviates from the desired state. The *intent* required to move toward the desired state is recognized, and the next incarnation may be chosen to implement that path. The reincarnation repeats following successive transitions until it is felt to be no longer necessary.

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The Pleiadian indicated that the desired vibrational state is one that aligns with an energetic grid, a property of consciousness. According to the Zeta, the grid is an all-pervasive, vibrating medium that *“holds all space and time”* and is *“like a fluctuating wave vibrating through the universe. ... Everything is of an energetic nature, and all thoughts that are placed into the grid are of an energetic nature. If they are of a higher vibratory form, they then change the planetary structure via the grid. Each time you act in a loving way towards each other, you are raising your vibration and succeeding”* (Hamden, 2012).

The reason for our physical existence is to increase the vibrational state of spirit consciousness. The Zeta said, *“Now we see the real reason as to why beings incarnate. There are the obvious lessons that increase the vibrational frequency of the group and individuals”* (Hamden, 2012). They also warn, though, that *“... the fear-based approach being used on the planet, created by humans, is dampening the higher vibratory form of the spirit nature”* (Hamden, 2012).

Since total consciousness is the aggregate of all things, it has within it all possible vibrational states. These vibrations are used by beings to create with their thoughts. The Zeta said that when we act in a loving way towards each other, we are raising our position on a dimension of vibration. The dimension may be described in terms of qualities such as lonesomeness, fear, and hatred at low states of consciousness, and of unity, love, and compassion at high states.

Loving beings have the higher states of consciousness such as love and compassion. Other beings, not as loving, have the lower states of baser emotions. These less loving beings do not have access to the higher vibrational states, so the environment of the loving beings are invisible and inaccessible to them.

Of course, the converse should also be true, that the loving beings do not interact with the environment of the less loving ones. However, the Zeta indicated that it is possible for loving entities to learn to move freely to whatever state of consciousness they desire.

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When a being's consciousness rises to higher vibrational states, its window on this dimension does not shift to the higher states at the expense of lower states. Rather, the Zeta stated that *“people seek insight and expanded consciousness”* (Hamden, 2012). This comment means that the window expands to include higher vibrational states. Beings having a high level of consciousness would then continue to have access to realms created by a lower level of consciousness.

Until an expanded consciousness is achieved, beings exist at a relatively low level of consciousness and are not aware of anything or anyone existing at the higher levels. The Zeta said, *“There are many energies on this Earth plane, some are out of 'frequency' with your current processes. They live their own lives around you, there are many beings doing this, you only believe what you see”* (Hamden, 2012). Further, the only way to perceive such beings is *“by the thought forms you allow, or by alternate states of consciousness”* (Hamden, 2012). We are able to perceive other realms when we enter some kind of altered state or when certain anomalous perceptual experiences are allowed to manifest.

The extraterrestrial beings say that the spirit evolves by learning to expand its level of consciousness or vibration. A being may pursue this goal by learning to love compassionately and unconditionally. Some of our human philosophies approximate this approach with the inadequate concept of karma and the associated concepts of good and evil. On the surface, it may seem easy to distinguish between “good” and “bad.” However, it is difficult for us with our cultural biases to define an absolute criterion for this distinction.

When a Zeta was asked about the difference between “good” and “bad”, the response was *“intent”*, which *“forms the energy required to perform a function.”* This was immediately followed by an admission that they could not give a proper answer because we humans were not ready. *“We are withholding information from you as you would a child; it's not time to disclose all things. You must grow into an understanding of the collective and who you are. ...*

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things are withheld as your frame of reference is of a physical nature. We try to teach and discuss and provide energy, but alas, you have all of your own blockages” (Hamden, 2012). They implied that we are not sufficiently aware that we are energetic spirits resonating with an energetic environment, and that this has ramifications we cannot yet understand.

The Zeta suggested that the intent preceding an action, rather than the deed itself, affects a person's state of consciousness. Intentions motivated by love will lead to thoughts that create in the higher realms using the associated vibrational states. To their credit, Earthly spiritual teachings often encourage people to perform good works. If those good works are motivated solely by compassionate love, they would signal a rise in the highest possible level of consciousness.

Some anomalous human experiences suggest that there is another way to achieve a high level of consciousness. It is via a spiritual transformation often initiated during an altered state of consciousness or during a [near-death experience](#). It resembles an out-of-body experience but with more of a sense of the divine. There is an encounter in consciousness with a loving entity and an awareness of an indescribable, unconditional love. The spiritual connection with such an entity can be a life-changing event. The entity may be identified by the experiencer as a spiritual being that is part of a known belief system.

For example, while under an anesthetic during a surgical procedure, a patient left her body, became aware of uninviting surroundings, and called for Jesus to help. When he came, she was “totally engulfed by Him” and experienced “the immense love He had for me ... I had total acceptance, forgiveness, and love at all the same time. The intensity and purity of this love was indescribable and so piercing and powerful that there are no adequate words to describe it fully” ([ked](#)).

The Christian faith appears to be unique among spiritual teachings in that the value of good works for achieving a heavenly existence is downplayed in favour of a belief. For Christians, God appeared on

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Earth as the physical Jesus Christ who preached a philosophy of love and then allowed himself to be sacrificed for the benefit of his followers. This act created a mechanism for believers to enter an afterlife in heaven. All that is required to achieve this is a sincere belief that the sacrifice was made for them, personally. When it happens suddenly, this realization is typically called a conversion experience. Christian doctrine does not entertain the notions of karma and reincarnation since the belief in the purpose of Christ's corporeal existence makes reincarnation irrelevant.

Some core Christian beliefs are compatible with the “levels of consciousness” model of the energetic realms. Christians believe that people are “conceived in sin” and thus, innately unable to enter heaven by performing good works. This is consistent with the view that all people are born with a low level of consciousness. We may see this in the self-serving behaviour of an infant. The need to survive is dominant, and this egocentric drive determines the behaviour of most humans during their lives. Behaviours motivated solely by compassion and love are not often seen or experienced.

The conversion experience from the Christian perspective is a numinous feeling of connection to a loving entity thought to be the consciousness of Christ. The result can be an inexplicable transformation of a person's world view, in which love motivates more of what they do or think. We could say that they experience an increase in level of consciousness. What could prompt such a dramatic shift? According to the holographic model, the thoughts of the person are represented as energy patterns in the grid. The being seen as Christ is also an energy pattern existing at a much higher level of consciousness. When conditions are right, the higher level consciousness may reach out to conjoin with the lower level consciousness to form a combined energetic pattern. The lower level consciousness may then share the attributes of the higher one via this resonation and become more loving.

The Zeta described such a being in the higher vibrational realms, *“My friend, the greater the being, the humbler they are, the greater*

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the compassion and love they hold for one another, none is better or worse, all come from source” (Hamden, 2012). This is consistent with commonly held attributes of Christ and other angelic figures – humble, compassionate, loving, and connected with source consciousness or God. When a person suddenly resonates with such a being, a conversion experience occurs and spiritual belief structures change to reflect the new energetic context. The love that the person now feels would be due to the resonance with the higher level consciousness. Of course, the person could subsequently still behave according to the old level of consciousness. We have learned that resonance with the higher level consciousness does not preclude operating at lower levels. Therefore, the ego can intrude from time to time, particularly while the person still has a physical existence.

This is very likely a simplistic explanation of the conversion process. It does not take into account, for example, that the consciousness of a human spirit is an aspect of a complex soul entity. Would a high-vibration entity or soul offer to conjoin with multiple lower-vibration entities who may be aspects of different souls? Perhaps so, since intent at that level is motivated by love and compassion. But we are given to understand that there are multiple souls in the higher realms, with many experiencing existence on Earth via the spirit in a human form. The conversion experience might even be the resonance of an amnesic spirit with its own higher self.

This discussion suggests that there is more than one way to raise the level of consciousness. One is to always try to have intentions motivated by compassion and love. Alternatively, if that is thought to be innately impossible, a person may ask to conjoin with the consciousness of an entity already operating at the higher level. We have the example of the Christ entity who is said to have offered itself for that purpose. The objective is to arrive at a level of consciousness where creative intent is always motivated by unconditional love.

24. Incarnation and ascension

Most humans accept that they are physical beings who live for a time on this Earth, and then die. Our scientific minds have delved deeply into the way the physical body works as well as its relationship to the physical environment. We easily accept that our bodies decompose after we die and return to the Earth as fodder for new life. Some of us think that is all there is, while many others believe that there is more. There is some scientific basis for believing the latter, such as the evidence for reincarnation and the reports of near death experiences. But often, people simply have faith that a non-material part of a human being persists after death. This faith is affirmed by an unusual source – extraterrestrial beings who experience a physical existence as well as a much greater reality.

The consciousness of such beings are able to communicate with a medium like Paul Hamden. While in an altered state of consciousness, he allows beings, who say they are extraterrestrials, to speak using his physical body. They describe a greater reality of which our physical realm is but a subset. In that reality, consciousness is fundamental and all experiences are a thought away. It is an energetic environment where conjoining and

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resonation of states of consciousness are the basic tools for creating experiences. This is discussed in more detail in the chapters, *The energetic environment* and *Creation and perception*.

What is the human experience from this broader perspective? The extraterrestrial information is consistent with the view expressed in religious schools of thought, that the physical body is a disposable container for an incorporeal spirit. But it goes much further. It tells us, for example, how the physical and etheric bodies are joined with consciousness and how we are intimately connected to the universe. These issues are examined by studying responses to questions posed to beings from the Zeta race. Some of this information is extracted from material already published by Paul Hamden in an earlier book (Hamden, 2012), as well as from more recent interviews with the extraterrestrials.

As in the view held by those who believe in reincarnation, the Zetas describe a process in which a human consciousness cycles through two stages – our familiar physical existence and an existence in the spirit realm. That is, at the end of a physical lifetime, a consciousness transitions to the spirit realm where it can choose to be reborn to a new life in this physical realm. Of course, both realms exist in the larger context of the cosmos, so the cosmology the Zetas describe also impacts our understanding of human consciousness. All things are connected, so it makes sense to begin with the big picture to explain the process of human life.

24.1 Zeta cosmology

Interviewer: Is there a God - some creative force, something beyond all?

Zeta: *Yes, my friend, this is so. However, when you say "God", you lack understanding.*

Interviewer: Do you speak to or know of this "God entity"?

Zeta: *We are all the same, seeking to understand the "highest nature", the Creator, the non-local, universal, creative life force.*

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These responses reveal that there is a not-well-understood Creator from which all life comes. Further, they let it be known that our concept of “God” is inadequate.

Zeta: *Originally, all energies come from one place, one source energy; they long to be reunited with the "whole."*

Zeta: *All life, all forms of existence have consciousness. All are a form of energy which exists and transmutes to each new state after its transition. All energies, when moving to form will choose what form they take, whether it be animal or mineral, there is full consciousness of the form they have taken, and the ramifications of that existence.*

The origin of everything is one source energy. This energy was dispersed somehow, and all things are configurations of consciousness. An “attractive” force in this non-spatial environment works to unite everything into one whole again. The conscious energies choose what form to take, all the while knowing the consequences of their choices.

The Zetas believe that the universe was created by a very old race of sentient beings beyond their level of understanding.

Zeta: *These sentient beings are watchers over the whole process. The one of universal re-creation was their doing.*

Zeta: *The beings, when creating the nucleus of the Multiverse, split the form, the initial creative potential of this entity, into fragments - something like a stream. This stream of matter became the Multiverse. When the first process of time began, it was then segmented into various streams. This is not a synchronous process.*

Zeta: *So the reference of time in your world - is insular, and not to do with the Multiverse.*

Zeta: *Fragments of being are the "group soul" for your purposes of understanding. Each fragment moves into pre-determined areas of the Multiverse - you realistically are living many lives at the*

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moment. If one dies, it does not affect any of the others. This is why the timing is non-synchronous.

Zeta: *Consciousness is not encapsulated in the physical body, consciousness is able to be spread across many existences, so when you come across a non-synchronous time, separation only exists in consciousness.*

The advanced beings are credited by the Zeta with “re-creation” of the universe, perhaps alluding to the idea that the universe was formed more than once, or that multiple universes exist. The universe contains multiple streams of matter with asynchronous timelines called the Multiverse. The Zeta emphasized that time in one stream is independent of time in all other streams of the Multiverse. However, this independence does not apply to consciousness. A consciousness in one stream of time can be aware of events in a different stream.

This accounts for the phenomenon of *déjà vu*, the sense of familiarity with something that shouldn't be familiar at all. Different physical versions of “you” live in multiple asynchronous timelines. Each instance is a fragment of a “group soul” or “oversoul” living an independent existence. Yet consciousness can cross timelines, so when an event is perceived in one timeline that has already occurred in a different timeline, “you” on that timeline may experience *déjà vu*.

Consciousness is independent of time since it existed before the Multiverse was created. The Zeta tells us that consciousness has the property of an all-pervasive, vibrating medium called the “grid.” The grid “holds all space and time” and is “like a fluctuating wave vibrating through the universe.” The analysis in the chapter, *Creation and perception*, concluded that the grid frequency may participate in a holographic process where interference patterns created by frequencies of thought are experienced as forms. According to the Zeta, “the grid is defined by the individual entities that it is, so if you had a cup my friend, the cup would have a grid

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that was associated with it. But for the grid to be in its true state, there is no form for the grid."

Zeta: *We believe that the source energy has created multiple timelines and existences and dimensional processes for the ability to understand self; it is learning from facets of existence. We are all connected to each other on all levels. The source entity has become a complete entity; there is a continual journey for all energies.*

Zeta: *All beings are of a life force nature, striving for experience, comparison.*

The latter two comments by the Zeta explain the purpose of the Multiverse. It is a construct where the source consciousness can come to understand itself. Multifaceted souls use multiple timelines to have experiences and to make comparisons. The Zeta elaborates further on the nature of the soul.

Zeta: *The nature of the soul in its own understanding, its own container, understands that by its own nature it belongs to a class of energies. This class of energies remains as a whole form, one entity, broken into many forms, many existences. So, saying this, a being is able to incarnate into many states of being in many realms.*

Zeta: *Many soul facets can combine to form one entity. This means many entities, individual group souls, can combine to form a faceted being, living one existence.*

That is, the soul belongs to a class of energies which distinguishes it from all other conscious entities in the universe. It is self-aware and understands its distinctiveness. The soul is multifaceted and incarnates in many states of being in many realms while still remaining one entity. Each fragment of soul energy is unaware of the existence of the other fragments belonging to the same soul. The Zeta says, *"you have blinded yourself from the truth of who you are. This has been created by self for the ability to create comparison, so the group self has created this situation."* This lack of awareness by the soul fragments is consistent with the overall purpose of existence

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which is to strive “*for experience, comparison.*” As the Zeta says, “*Universal plans matter mostly in the order of things.*”

24.2 Human incarnation

In the human experience, a fragment of soul energy incarnates in the physical body. This fragment is called a spirit and may have different origins. It may come from the spirit realm created by an extraterrestrial race as a transitional holding ground for spirit after the physical body dies. It is in this realm that the spirit decides what path to take next in its development. Alternatively, the spirit wishing to incarnate may be the consciousness of an extraterrestrial being who chooses to have a human experience. Some extraterrestrial races are able to separate their consciousness from the physical body and incarnate in a different physical form.

Zeta: *The energetic beings you call "spirit" are actually an entity formed from energy that has an ability to hold information like a capsule. This vibratory form resonates at a level of its existence. This then sees in itself what benefit the process has been to itself and then, in a "teaching process" moment, it moves on to continue the journey.*

Interviewer: How do you define the human race since so many individuals have a different point of origin. Is it just the individuals who have a point of origin in the human spirit world that would define the human race?

Zeta: *The human race is a set of containers, my friend, and for any entity to exist in the new form, they must seek to be and seen to want to become human you see.*

Interviewer: When you talk about the human race, are you also including those that have a point of origin outside of the human spirit realm?

Zeta: *Yes, my friend.*

Interviewer: Ah, so you define it by the physical container.

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Zeta: *Only by the container.*

The etheric body is an energetic form or pattern that transforms to the physical body. The Zeta said, “*Your etheric body is a resonating form of energy. It is able to on many frequencies understand emotions, energies, interchange of energy, and matter to energy.*” They were asked if the consciousness of spirit or “higher self” is held in the etheric body.

Zeta: *Initially the three states are in separation. Higher self moves to integrate with a physical container, the etheric body is the field which allows the blending...*

Zeta: *Higher self is of a different frequency. It is bound intrinsically to the etheric nature and body.*

Zeta: *Every thought has a conjoined process which links to the etheric body.*

Zeta: *Higher self is part of the included process as a conduit between the spiritual aspects, through the etheric body and down to the physical.*

The higher self or spirit consciousness is integrated with the etheric body. Any communication of information between the consciousness and the physical body is mediated by the etheric body.

There is a protocol for extraterrestrial spirits who wish to take on a human container. That is, the prospective mother must agree to host a child who shares an extraterrestrial consciousness. This permission is obtained while she is on the physical planet or in a transitional realm such as the astral realm.

Zeta: *A human spirit form may be contacted, while they are on the physical planet, by a race of extraterrestrials, or, they may be contacted by a race once they are in the transitional realms. Either way, once this process has occurred, the human may choose what path it wishes to take, in saying this, the human has choice.*

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Zeta: *The human race is a set of containers, my friend, and for any entity to exist in the new form, they must seek to be and seen to want to become human you see. If a male and female physical entity want to be humans, allow the process of the child to come to her to have a consciousness that exists from the entity outside the realm. In the spirit realm context, permission must first be given by the entity and consciousness to move in conjunction with the male and female to exist in the physical realm. But to exist as humans my friend is just the physical form, nothing else.*

Interviewer: At what stage is the spirit or hybrid entity moved to the physical baby in preparation for life?

Zeta: *The spirit realm beings attach themselves to the females before the conception process has taken place. This is why it is possible to read the energy of a being and determine how many children they will have in their life time. For extraterrestrials' incarnation to the human form, the consciousness of the being is not placed into the physical entity until the child is born, but there is a level of awareness, and there is an awareness of the extraterrestrial nature of the being who is to transition to the human form. For the entity of the human spirit, it is then placed fully into the human form.*

The Zeta explained that a spirit in the spirit realm waiting to be born attaches itself to the prospective mother's etheric body before conception occurs. This does not happen to a waiting extraterrestrial spirit. In both cases, though, the consciousness is fully placed into the body when the child is born.

The Zeta was asked what happens to the etheric form after the physical body dies.

Zeta: *... once the body terminates, the etheric form is absorbed by the originating consciousness.*

Zeta: *It is absorbed, as it is no longer needed as an intermediary process. All energy transmutes.*

When the physical body dies, the energy of the etheric body is no longer needed and it is transmuted and absorbed by the originating

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consciousness or spirit. The spirit returns from whence it came – either to the spirit world or to the realm of the extraterrestrial race. Since the spirit does not cease to exist, this change is often called a ‘transition’ rather than death.

Additional questions were concerned with the details of foetal development.

Interviewer: When does the energy body start growing after conception?

Zeta: *At the point of conception as the genetic material from a human is transformed, so is its etheric form. Everything holds an etheric state as everything has consciousness.*

Interviewer: So at the beginning, the etheric body has the shape and size of the fertilized egg, and continues to change as the foetus grows?

Zeta: *Yes, form is an illusion.*

Interviewer: So the etheric body does not control development of the container?

Zeta: *The genetic structure controls the development, but the originating consciousness then applies its consciousness construct to the etheric body, thus creating the container for experience (and this is why humans can have deformities) as it suits the higher self, for its lesson and awakening, and comparison of self to have varying containers comparison. The other issue is the etheric form being influenced by external forces, other energies, as in if there was a physical disruption to the development of the foetus. So the development environment is not a perfect one.*

Interviewer: So you see consciousness as biasing the container's development, not controlling it?

Zeta: *Biasing...yes.*

The etheric body is an energetic form that is perceived as physical by the perceptual process of consciousness; hence, the comment that

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its form is an illusion. The appearance and functionality of the physical form is controlled primarily by the genotype, but the higher self may bias the development so that the body is appropriate for whatever experience is to be gained.

The Zeta commented earlier that the foetal development environment is not perfect. This offered the opportunity to raise the issue of premature termination of a pregnancy.

Interviewer: Is a physical disruption to the development of a foetus like an abortion, a serious impediment to the growth of that entity, or is such an event always foreseen?

Zeta: *Why do you say physical disruption?*

Interviewer: When the foetus is removed before it can survive on its own, this would be a physical disruption.

Zeta: *Yes, that is a fact.*

Interviewer: Presumably, the spirit chose that foetus as a vehicle for experience.

Zeta: *Yes, spirit did, or the race. To incarnate, there are external forces that are beyond a race or spirit being's control. That [control] will not stop an abortive process during the process of development.*

Interviewer: If the mother were killed while pregnant, would the spirit be expecting that?

Zeta: *Not all things that happen are foreseen. There is a basic randomness to all effects.*

Interviewer: So when someone plans a life before incarnating, it is not always certain that that life will complete as intended?

Zeta: *Correct, even with our abilities we are unable to guarantee an outcome - even a thought can change a process.*

A spirit chooses its parents prior to being born, but by accident or intent, the pregnancy may not complete successfully. The Zeta says that this cannot always be foreseen. They chose not to say whether it

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would interfere with the spirit's growth. If pressed, they would likely have said that it depends on the intent of the higher selves involved.

During the lifetime of the physical body, its well-being may be affected by various internal and external influences. We are assured by the Zeta that when the body is ill, it can be helped by changing the state of the etheric body. Since consciousness is directly connected to the etheric body, this would be done by thinking appropriate thoughts.

Zeta: *What takes place in the physical is a direct representation of what is happening in the etheric body.*

Zeta: *Every thought has a conjoined process which links to the etheric body.*

Zeta: *You have a subtle energetic body. This holds all thoughts and frequencies that allow you to accomplish all levels. Here is an example, for us, all illness is energy, all wellness is the same energy at a different resonation. We have proved this many times when the medium is unwell and we come and bring a different vibration to the medium. The medium then becomes well. Now, all energy constantly transmutes and changes. From one form to the next, the universe is in a constant change, as you are as well. When you are moving into different frequencies, you see them as different natures and colours, you are changing your thoughts and frequency.*

24.3 The ascension process

Will human reincarnation go on forever? Prophetic writings from a number of cultures suggest that at some time in the future, humanity will experience a process called ascension. This process is said to involve sufficient spiritual growth so that there will be a time of harmony with the Earth and each other. Humans will exist in the less dense energetic realm where they will be closer to their point of origin. Some believe that the vibrational state of the human etheric form will increase where it exists in the energetic realms. In any case, if the body never dies, there will be no need for the reincarnation process. The Zetas seem to agree that a process

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something like that will occur, not at a specific time, but after we each take personal responsibility for our spiritual evolution. The Zeta's comments tell us something about what ascension entails.

Zeta: *Now we see the real reason as to why beings incarnate. There are the obvious lessons that increase the vibrational frequency of the group and individuals. In addition, there is the karmic plan associated with the planet.*

Zeta: *The astral realms are a collection of all thought, all creative processes, all dimensional aspects which come from the existence of thought. This concatenation of all thought forms is the collective mind of the human race... The continuing elevation of the thought processes and consciousness of humanity allows the collective mind to form from the chaotic nature it holds... When a human mind, a human consciousness, openly enters this collective process through astral states, altered states, or physical states, they move into the unlimited/limited potential of the collective mind of consciousness. This is the ascension process of this race.*

Zeta: *The constructs that are seen in the astral realm are bound in synchronous existence, meaning that all mechanisms of constructs, such as levels and form are purely a state of existence. It is very possible, if not probable, that the astral consciousness in its multidimensional state is able to be restructured by a single thought, if not a collective thought of one mind.*

Zeta: *The human population one day may decide that it was to change, then the thought process, the combined collective thought of the human race, would, that one thought, would automatically create the capacity for the collective mind to be charged into action, to make a newly given mind.*

Zeta: *The collective consciousness of this race is moving on a, I would not say predetermined process, but much of what is happening is already being seen. But, of course, yet we believe a future event will cause matter to become non-matter, my friend.*

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The astral realm is known as a place where we experience mental phenomena such as dreams and out-of-body experiences. Interestingly, the Zeta closely associates changes in the astral realm with the ascension process. This is not so surprising when we understand that the astral realm is a repository of all thought forms generated by human minds on Earth. It has been described by the extraterrestrials as a developing human collective consciousness.

As the consciousness of the human race rises in frequency, the collective mind held by the astral realm becomes less chaotic. When an individual human mind moves into “*the unlimited/limited potential of the collective mind of consciousness*”, i.e., the astral realm, it is participating in the ascension process. To do this more efficiently, we need to increase our vibrational state. This is done by decreasing our aggressive tendencies with the attendant negative emotions such as anger and fear, and increasing our love and compassion for each other. The Zeta says that the human race is progressing in this regard.

All of the constructs in the astral realm are “*bound in synchronous existence*.” According to the Zeta, this means that the constructs are created at the same level of consciousness. For the most part, all humans creating these thought forms are operating at the same level.

The Zeta also tells us that the movement to a collective consciousness will be subject to a non-linear perturbation under the right conditions. It is now taking form gradually as more and more humans raise their level of consciousness, but the process could be accelerated by the influence of a particular single thought. The collective consciousness could suddenly become self-aware.

The thought may be of one mind or it may be the thought of a collective mind. It will be “*the catalyst for many things to happen*.” The result will be that “*the predominant consciousness is that it is to be born of love*”, and it will be reflected in the dominant behaviour of the physical human containers.

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The shift in state of consciousness may be perceived as fast or slow, but will eventually lead to acceptance of the human race by the watching extraterrestrial races. The Zeta says, *“Then, of course, the other races which view you on your daily basis, will actively interact with the collective mind of the human race.”*

Zeta: *The ascension shift started years ago, but as each person has to experience the energetic changes, the need to assimilate with the shift and then to accept the shift, when given guidance and inspiration they should accept it rather than reject it, but most place it aside.*

Zeta: *Some people talk of the ascension process, not understanding that vibrationally you are all in a place where you are ready for change.*

Zeta: *Some believe that they will move physically to different densities of existence. This is an unacceptable transition process. People need to take responsibility for their progression. All things must change – as they change, the grid changes, and this changes everything.*

Zeta: *We understand that a being may wish to have a contact with a few previous lives. This is possible. The true aspect of the self has all of the stored information, but is locked away from the external being who is currently incarnated. Your ascension will unlock a lot of this potential that lays dormant within you.*

According to the Zeta, the raising of consciousness associated with the ascension process has been underway for some time. The difficulty is that people are reluctant to accept the reality of what is taking place even though they are ready for it. Misconceptions about the process also interfere. For example, some believe that ascension is a physical move to a different dimension that will happen with minimal effort on their part. They do not understand that the ascension process is deeply personal, with each individual responsible for raising their own level of awareness. Such individual

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acts of changing the vibrational state of consciousness cause changes to the grid in which all is immersed. These changes will remove the amnesia about past lives that accompanies incarnation, and will uncover other latent abilities.

Finally, the Zeta associates the raising of consciousness with moving out of our physical environment. They said, “*Yet we believe a future event will cause matter to become non-matter, my friend.*” Also, they said, “*When you transition to your true nature, you move to the etheric planet around this physicality.*” They seem quite definite that we will exist in a non-matter, energetic environment and that this change will be triggered by a future event.

24.4 Summary

According to the Zeta, a human is defined primarily by its physical container. The spirit which animates the container may be associated with the spirit realm, or it may have its origin in any number of extraterrestrial races that are able to separate sufficiently from their physical forms. The spirit is a fragment of soul energy, a special class of energy in the universe.

The etheric body is an energy system that integrates the consciousness of the spirit with the physical body. The etheric body and the physical body have a mutual relationship such that a change in one is reflected in the other. Information about the experience in the physical world is transferred to consciousness via the etheric body. When the body dies, the etheric body is no longer needed and is absorbed by consciousness. Consciousness then carries the results of the experience to its place of origin, either the spirit realm or the realm of the ET race, to decide what will be experienced next. The next phase for a spirit is often a return to a corporeal existence on Earth known as reincarnation.

The Zeta suggests that there may be an end to the reincarnation cycle as it now exists when humanity completes the ascension process. This process requires individuals to raise their state of consciousness. As a result, the astral realm will become less chaotic

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and will form a self-aware human collective consciousness. We may exist on a higher-vibration planet with no longer a need for the reincarnation process.

25. An alternative to the Spirit Realm

Summary. *Humans have relatively brief lifetimes. Normally, they return to Spirit Realm where they have the opportunity to reincarnate to a new life. The extraterrestrial Zeta race believes that Spirit Realm is a technology that has outlived its intended purpose. They recently revealed an alternative to the Spirit Realm they call a gateway. The gateway has a number of nexus, each associated with an extraterrestrial race. Eligible humans transitioning at the end-of-life on Earth may choose one of the nexus and incarnate on that race's planet. A particular planet is known as Edin. It has a higher vibration than Earth and was prepared by the Zetas for a race of Zeta/human biological hybrids. In the gateway, the consciousness of a transitioning human spirit may choose the Edin nexus and incarnate in the body of a hybrid. The Zetas appear to offer the gateway as a way to bypass the technological singularity expected soon on Earth.*

Extraterrestrial beings introduced us to a cosmology of much greater scope than is understood by our current science. The cosmology holds that all that exists, including our familiar matter, are configurations of consciousness (Treurniet, 2019). The words describing the cosmology and much more were spoken through the medium, Paul Hamden (Hamden and Treurniet, 2020).

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Extraterrestrial Zeta and Anunnaki beings described in some detail the concept of the Spirit Realm and why it exists. Human spirits are free to choose to incarnate on Earth and then, after a lifetime of experiences, return to the Spirit Realm.

The Zetas said that the human Spirit Realm is a technology that has outlived its usefulness and has several shortcomings. For example, when a spirit reincarnates in a new human body, the spirit's personality is initialized and memories of past lives are no longer accessible. Much relearning is needed at the beginning of each brief lifetime in order to survive. The Zetas believe that successively transferring the contents of consciousness to new adult container bodies is superior to multiple rebirths of consciousness as infants. The problem is described by a Zeta in the following quote.

“Spirit Realm does not provide the potential for you upon re-entry to this physical planet. Let me give you an example. You are a meditative person and you seek higher levels of consciousness while you are a human being. You transition and move into Spirit Realm and then decide to reincarnate. You then come back to this planet and are born. You do not remember who you are and you become basically an unloving person. The technology is inferior and so it does not allow you to be with your memories so you can then build on the previous process. It is as though you have been re-set. Yes of course, there are some that do remember and are able to navigate the process, but they are a minority.”

The Zetas see the Spirit Realm and the reincarnation cycle as a trap for humanity. They said, *“What exists is the potential to not be trapped by the cycle, to exist outside of the physical nature, to interchange and exchange with the physical matter as required.”* They suggested that humans need not be stuck in the reincarnation cycle, that they should be able to move to a different vibrational state whenever they wish. The Spirit Realm technology was created to provide a holding area for human consciousness until the next reincarnation is chosen. But now, humanity's collective

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consciousness has evolved sufficiently so that such control by the technology is no longer needed.

The Zetas spoke extensively through the medium about an ascension process which would include raising the vibrational level of the human collective consciousness. When the shift in vibration of the collective consciousness would occur was never specified, but it would happen when conditions were right. The Zetas felt that humanity was headed in that direction. They said, *“The collective consciousness of this race is moving on a, I would not say predetermined process, but much of what is happening is already being seen.”* Since that optimistic observation was made, the Zetas developed another means to assist humanity in its spiritual evolution.

25.1 A gateway to other realms

As an alternative to the Spirit Realm, another process accessible to human consciousness was created. They said, *“We are seeking to provide you with a second process. The first process no longer suits this race.”* They gave transitioning humans the opportunity to enter a new gateway process in order to merge with another extraterrestrial race of the human’s choosing. They suggested, for example, that a human consciousness accompanied by an extraterrestrial spirit guide may have a particular desire to return to the race of the guide. The Zeta said, *“Many would not choose that option. Others will. But to have the option which was never in place before... Many humans wish to move to other races.”*

The Zetas refer to the gateway as a sphere defined as a conceptual space in consciousness. They said, *“That sphere has nexus points, we believe nine, entering into nine races which belong to the council, yes, each of the nexus points being the gateway. Your intention as consciousness will be to choose one of those entry points into the race. It is a simple process.”* The council consists of a group of races managed by Pleadians who ensure that the Earth grid environment remains stable. The races are ready to welcome Earth human spirits from the gateway as beings of their own race.

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At the end of a relatively short lifetime on Earth, a spirit consciousness returns to the Spirit Realm. But since April, 2020, the spirit can choose to enter the gateway process instead of the Spirit Realm. A human spirit *“may choose, rather than enter the original point of entry of Spirit Realm, will enter into the second sphere (i.e., the gateway).”* After passing through the gateway, the spirit’s personality will be defined by the race that was chosen.

The human’s intention before transitioning affects the process. The Zeta said, *“You would not choose the second sphere if you had not as a human decided the intention process. That is why freewill is in operation prior to the transition.”* Also, *“There must be desire, an intuitive consciousness choice to not re-abide by the original Spirit Realm process.”* A human must want very much to become part of an extraterrestrial race in order to enter the gateway.

The intention requirement prior to transition is also a security feature. The Zeta said, *“This process is in place to stop all consciousness which no longer inhabits physical form from moving into the second sphere, seeking entry into other areas.”* An entity is prevented from using the gateway unless it is a human spirit in a physical body transitioning from Earth.

If a spirit consciousness entering the gateway were to have reservations about moving to an extraterrestrial race, they would not be allowed to continue on. The Zeta said, *“If they did choose to move to the gateway, and they were not of the proper nature, they would not be allowed to move to the portal that leads to that planet. They would be redirected to Spirit Realm.”* There would seem to be continuous monitoring of the process to evaluate the nature of each potential user.

The gateway offers access to a number of realms. The Zeta said, *“When you transition you can enter a previously unknown accessible area called a ‘nexus’. This nexus will contain nine entry points to various races. These races will allow you access to their planet, lifestyle, society and all of the benefits of incarnating into that race.”* The decision to enter the gateway is irrevocable and signals a

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permanent departure from the Spirit Realm. The Zeta said, *“Once there, you must make a choice. It is only a gateway.”*

Will there be sufficient information to make the required choices when the time comes? How could one choose when so little is known about the extraterrestrial races? As the Zeta said, *“It (i.e., the gateway) is not pre-populated with previous information. You will be offered exit points only.”* When the apparent lack of information about the potential destinations was addressed, the Zeta was not concerned. They answered, *“You can see what no longer suits you, and so you choose. ... Dissonance will not be allowed, only harmony, so you will acclimate to a frequency. You will provide yourself in harmony. ... there will be an acclimation towards the nexus.”* The choices made by the spirit consciousness will not depend on the information available. They will gravitate to what feels most harmonious.

We are part of a higher-self consciousness, even though we see ourselves in separation from it. The Zeta said, *“Your local construct is only a creation of the higher-self entity. The higher self already understands its own path. It does not seek your permission to do anything with you. It will provide you with information. You will make the decision based on the understanding that you have been given.”* Feelings of harmony towards the gateway and a particular gateway nexus will come from the spirit’s higher self. The difficult choices become effortless.

In general, many races remain separated because of the lack of resonance between their vibrations. The Zeta said, *“Spirit consciousness does not transition from one race to another. The makeup of the consciousness is unable to make the transitional process correctly.”* Therefore, the Zetas implemented the gateway technology to enable a spirit consciousness to become one with the resonant vibration of an extraterrestrial race.

The consciousness can enter a nexus of the gateway by way of the heterodyning process. According to the Zeta, *“Each of those nexus will provide a different level of frequency.”* Each race is represented

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in the gateway by a 'nexus vibration' that is higher than the vibration of that race. When a human vibration heterodynes with one of the nexus vibrations, a difference potential is produced that is at the vibrational level of that race. The spirit can then move its vibration to the difference potential and enter the chosen realm. The Zeta said, *"There is a transitional process between when a human transitions, moves through the difference, and then is physically recreated on the planet."* As indicated in an earlier conversation, a vibration that *"moves through the difference"* is the Zeta's way of speaking about the heterodyning process.



FIGURE 25.1. SYMBOLS OF THE GATEWAY

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The image in Figure 25.1 is a representation of the gateway painted by another medium under the direction of a Zeta. The medium, known to the Zetas as The Second, was trained for many years by the Zetas to participate in the special connection with them. The image is a visual representation of energy, a portal, that may resonate with some readers. The Zeta insisted it be included.

The gateway process depends on whether or not the transitioning human has a hybrid ET/human consciousness. When a non-hybrid human consciousness heterodynes with the vibration of a gateway nexus, the consciousness is transposed to the higher difference potential. It is suspended in a technological holding area until it moves to a container body on the chosen planet. A hybrid consciousness may follow a more complex process. The human facet is suspended in the holding area, while the ET facet returns to its container body held in stasis during the recent experiences on Earth. The ET consciousness is still aware of these experiences and, if the race has the capacity, it may decide to “re-blend” with the suspended human consciousness. Their union would form a new state of consciousness in the ET container. Otherwise, the human consciousness would wait for a container of its own.

25.2 The Edin realm

One of the gateway choices is a realm that holds a planet known to the medium as Edin, a higher-vibration version of the Earth. EDIN is a Sumerian cuneiform word meaning “steppe” or “plain” and refers to mankind’s first habitat. The Zeta explained, “*The planet always existed. It wasn’t created. A planet is chosen to support a specific population.*” The planet was terraformed over the last several decades to support humanoid lifeforms. The Zeta said, “*Over the 40-year period, the race has been storing biological matter to populate the planet.*” The terraformed planet exists on only one timeline.

A race of humanoid beings was also placed on the planet. The Zeta said, “*The hybrids on the planet were created by the Zetas.*” A Zeta once acknowledged that they occasionally took Earth humans with a

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hybrid Zeta/human consciousness onto Zeta craft. The purpose was to monitor their physical well-being. It appears they may also have taken genetic material to create biological hybrids for seeding a race on Edin. The hybrids were altered to be compatible with the planet's biosphere. The collective has long had the technology to create genetically engineered beings and *"place the consciousness of ourselves into these beings."*

Since April, 2020, many humans from Earth have chosen to transition to Edin. When the consciousness of a human spirit enters Edin, it is suspended in a Zeta technology until a container body is available. The Zeta agreed that memories of past lives survive the transfer through the gateway. The arriving spirits are unaware of their surroundings and *"are very much singular and by themselves."* They are *"placed in consciousness until they have properly acclimated. ... they experience themselves, their true nature,"* The temporary holding area is similar to the technology that holds the consciousness of a Zeta child when there is a failure of its physical body.

According to the Zeta, the world of Edin is *"one of consciousness, one of agreement, and one of harmony."* The medium understands that there is one planetary-wide government and that there is no war. Spiritual leaders are openly supported by the Zetas. The medium said, "Edin is a physical holding ground and then the hybrids move to the Zeta race." That is, a physical body on the planet does eventually die, and the consciousness then migrates to the Zeta collective. So transitioning to Edin is a way for a human consciousness to become part of the Zeta collective.

25.3 Discussion

Until the existence of the gateway was disclosed, the Zetas' stated goal was to help humanity through the ascension process. The rationale for that still exists. The human collective consciousness in the astral realm is still chaotic and humans are still unable to communicate easily with extraterrestrial races. The low vibrations of human consciousness are still synchronized by global media and

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are said to be polluting the collective consciousness of the other races. Aggressive, spacefaring humans with their weapons may yet threaten other races. Although there has been progress toward ascension, these problems have not gone away.

The move to Edin accomplishes some objectives of the ascension process for the individuals involved. The transitioned consciousness reaches a higher level of vibration compared to its Earthly existence. The consciousness of the biological hybrid is said to recall past lives as a human. Their higher vibration suggests they communicate telepathically and can create thought forms.

According to the Zetas, many humans will still opt for the Spirit Realm rather than the gateway. They said, *“The planet [Earth] will always be repopulated. Many will not choose to move from the initial technology [Spirit Realm] and will always seek to come here. Others are seeking opportunity to break out of the cycle. We only offer that process to those. If you choose to abide by the Spirit Realm process, that is your freewill.”* So the gateway option will not cause humanity to disappear from the Earth. A higher-vibration human collective mind, the primary objective of the ascension process, may yet be realized.

The Zetas anticipate that humanity will create the ‘singularity’, the merger of human biology and artificial intelligence. This merger has already begun with the development of technology to integrate the internet-of-things with the human brain. The Zeta said, *“The beginning is of 25 more years of you for the singularity to begin. We require humans to support us, humans such as yourselves.”*

The consciousness of humans like us appear to have evolved characteristics that the Zetas would like to preserve. They offer humans the opportunity to leapfrog the singularity by populating Edin. The higher-vibration hybrid beings of Edin have abilities beyond what could be created by artificial intelligences. The Zetas see the qualities of human consciousness as valuable potential additions to their collective; hence, their request for us to support them. But time is likely running out. In the near future, the

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technology of the singularity might interfere with human intentions and the opportunity to use the gateway would be lost. The Zetas may be urging humans to scatter themselves among the extraterrestrial races before they can no longer do so.

26. Insights from more interviews

This chapter presents several interviews given by the Zetas. Each subsection is a separate interview that stands somewhat apart from the others. The chapter assumes familiarity with earlier chapters since it expands upon what we have already learned.

26.1 Human collective consciousness

We learned in the earlier chapter, *The energetic environment*, that the astral realm is accessible to physical humans via a process that results in the out-of-body experience or astral travelling. Individuals who are “*conscious of consciousness*” are able to connect to the astral realm as a learning experience. It allows human consciousness to experience the physical and energetic bodies.

The Anunnaki said that the astral realm is connected with humanity's conscious processes. While in the physical etheric existence, the thoughts of each individual create manifestations in the astral realm. The combined thoughts of the entire human race are understandably chaotic, and this is reflected in the state of the astral realm. Much of the chaos that exists has arisen from the negativity of thought associated with humanity's “warring state.” Moving past this state to more positive thoughts will enable the further development of what

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is called the ascension process. An emergent property of the growth of individuals will be a reduction in the chaos.

We were told by a Zeta that the astral realm is a collection of all thought and all creative processes that together form the collective mind of the human race. The continuing elevation of the thought processes and consciousness of humanity is transforming the chaos of the astral realm into a collective human consciousness.

The Zeta said further that the astral realm exists in a state of pure consciousness as it is tied to the human thought processes. Consequently, the constructs found there are "*bound in synchronous existence*." This means that the entire astral consciousness could be restructured by a single thought or the collective thought of one mind. Does this mean there is a point in the ascension process when the collective mind is able to leap to an optimal structure or organization?

The following interview addresses this and other questions to do with the human collective consciousness forming in the astral realm.

Interviewer: I'd like to discuss the astral realm which you have already told us much about, which is forming the human collective consciousness...

Zeta: *Yes, of course.*

Interviewer: ... and its contents are the thought forms that are created by humans on Earth.

Zeta: *...by the containers that are populated by consciousness that you call humans.*

Interviewer: There are a couple of statements that were made about the astral realm that I don't really understand. They suggest some interesting things and I wondered if you could expand upon them. You have said in the past that the realm exists in a state of pure consciousness, and the constructs in the astral are bound in

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synchronous existence. I can guess what that all could mean, but I prefer that you explain it to me yourself.

Zeta: *You as a human civilization are mostly operating at the same level, and all of your thoughts as you know are entered into a collective mind. That collective mind, whether the thoughts are based in a... no matter what the thought process is, I was about to speak in terms of a lower type of thought or a higher type of thought, but it is irrelevant.*

Interviewer: Can I interpret this to mean that all the astral constructs are created using one frequency of consciousness or one state of consciousness?

Zeta: *I would say that that is an accurate statement, yes, and I would say that the reason that when you... how would I explain this... If you had a container of water and you were to place a colour into the water, one drop at a time, now initially as you are placing the drops of colour into the water, the change is indistinguishable depending on the volume of the water. At some point, if enough colour is placed into the water, then perceptible changes are eventually seen, do you understand? Now with the astral, or the collective consciousness or mind, it is that the thoughts that are placed into the collective mind are creating one entity that exists as a stand-alone entity, and no longer would require a supporting mechanism such as a neural container, because consciousness creates consciousness. And too, that as many more entities will be into the human container, that these processes and experiences are adding to the colour of the human collective consciousness, thus increasing the consciousness that comes into existence.*

Interviewer: So the colour is gradually changing?

Zeta: *Yes, my friend, and that is that once it has reached a certain colour, and we are only using an analogy, you will be accepted by other races.*

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Interviewer: Ok, we were also told that it's possible for the astral collective consciousness to be restructured by a single thought or collective thought of one mind.

Zeta: Yes.

Interviewer: Can you explain what that means?

Zeta: *The collective mind is able to change itself once it becomes self-aware. Remember that consciousness... I will give you another analogy, unfortunately. When one of your children are born, they are in some way aware of their existence, and as they grow into a functioning power, their capacity to understand by comparison and experience then gives them a much better understanding of their own consciousness. The collective mind of the human race is developing the capacity to understand that it is becoming self-aware. It is not just a ... there are many words I would like to use but, I do not know what communicatenation is.*

Interviewer: Concatenation?

Zeta: *Yes, it is not just a concatenation.*

Interviewer: The whole is greater than the sum of the parts.

Zeta: *Yes.*

Interviewer: So this sentence that I quoted suggests that the astral collective consciousness can be changed, as it says "*restructured by a single thought or collective thought.*" This suggests to me that there can be a sudden change in, say, the level of consciousness.

Zeta: *Yes my friend, because if the human population one day decided that it was to change, then the thought process, the combined collective thought of the human race, would, that one thought, would automatically create the capacity for the collective mind to be charged into action, to make a newly given mind.*

Interviewer: You're talking about a tipping point?

Zeta: *Yes.*

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Interviewer: I see.

Zeta: *That is why many beings are here supporting your collective consciousness because it is at this point a rudimentary form of consciousness which is not yet self-aware.*

Interviewer: But at the tipping point, this one thought which causes the change... I'm trying to understand how this all relates to the individual human containers and the way they behave.

Zeta: *Your mind answers the question, I believe. Your mind is full of countless thoughts. What is your predominant level of ... if the predominant thought is one to harm, then one's actions are based in harm. But you are not designed that way. Your design, your predominant thought process is that you are to be compassionate and to do good for others. You have capacity within your construct to do harm, but do not, and so the collective consciousness has within it the capacity to do harm, but the predominant consciousness is that it is to be born of love.*

Interviewer: After this tipping occurs, or this sudden change in the collective consciousness occurs, does this feed back then to the behaviour of the physical containers?

Zeta: *Yes, of course.*

Interviewer: So a lot of people will be dragged along with the change to become more compassionate?

Zeta: *Yes, but there will also be many humans who choose not to be influenced by it as well. That is like your mind which has the capacity to compartmentalize many of the individual functions. And so as your mind is able to provide automated functions that you are locally unaware of, so will be the capacity of the collective mind also allow to have automated functions which will allow others to not participate within the structure.*

Interviewer: But there will be a change in the predominant behaviour as you put it?

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Zeta: *Yes, of course, and then, of course, the other races which view you on your daily basis, will actively interact with the collective mind of the human race.*

Interviewer: So that is what is stopping them from interacting with the human race?

Zeta: *Yes, the colour is wrong, my friend, to use the analogy. It is still much of a rudimentary form, and any entities which exist within the astral realm will be isolated. They just don't understand that they are to be isolated.*

Interviewer: So that is foreseen that they will lose the fight, so to speak.

Zeta: *Yes, they will lose the fight, but they don't understand that. They do not have the capacity to have the energy to understand and be self-aware.*

Interviewer: Are these the entities that are called the collectors?

Zeta: *Yes, my friend.*

Interviewer: I guess what we have just been talking about is what a lot of humans call the ascension process - the sudden change in the predominant behaviour of the collective consciousness?

Zeta: *Yes, my friend, but their belief is based in the change according to the DNA structure of the physical body.*

Interviewer: Yes, I guess most do. Do you foresee that the time for this shift in frequency of collective consciousness is near? Do you think it will happen soon?

Zeta: *It is not as near as you prefer, or others are told it is so. As you add the colour into the water, it changes slowly and, depending on your life span will determine the viewpoint as to whether it was to take a quick time or a slow time.*

Interviewer: The shift can be either fast or slow because, even though we call it a tipping point, it does not mean it will happen quickly.

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Zeta: *Yes, this is true, so there will be a tipping point, but of course then that is the catalyst for many things to happen. I will not be specific about this, because we are moving into the area of prediction, and we will not be drawn into that.*

26.2 Discrete objects in unity consciousness

The beginning of this interview requires some explanation. In the preceding interview, the Zeta requested that the interviewer follow a new process in the next sitting.

Zeta: *I have some homework for you.*

Interviewer: You have some homework for me?

Zeta: *Yes, take five of your questions, and ask us for the answers, and then in the sitting, we will ask you for your answers to your questions.*

Interviewer: You will ask me for the answers to my questions, interesting. Does that mean you think I know the answers at some level?

Zeta: *No, not at all, but we would like to see how much influence we can place upon you, and so this is our experiment.*

Interviewer: All right, that's an interesting experiment.

Zeta: *Of course, we like our experiments like you do. We are a very technical race. Everything for us is experimentation. This gathering is an experiment.*

Although the interviewer had agreed, the proposed experiment made little sense. Why ask a question if the answer was already known? However, the suggestion that the answer might be influenced by them was intriguing. Therefore, the interviewer came to this interview prepared to present difficult questions and guess at the answers. At the very least, some new information might still be gained.

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Interviewer: I have several questions as you requested.

There was one time when a Zeta communicated visual information telepathically to me. It happened unexpectedly when I was in a relaxed state. Is it possible for us, you and me, to have a two-way conversation telepathically without my entering a deep altered state?

Zeta: *This is not the process that has been discussed between us.*

Interviewer: My recollection was that I would ask five questions and I would answer.

Zeta: *So what is your answer? Do you understand what I have said?*

Interviewer: I did not come in with a prepared answer.

Zeta: *Would you like to terminate the discussion?*

Interviewer: Did you want me to come with a prepared answer? That was not clear from our arrangement.

Zeta: *Are you able to with your capacity to think through to an answer now? Yes, you are being tested.*

Interviewer: Well, it is obvious from past experience that you can communicate with me. The question is, can I do the same with you?

Zeta: *You have not trained yourself to accurately functional thought process, but in the future if you were to train your mind, and I would suggest to you that you use the remote viewing process to train your mind to do so. This is very close to the same mechanism as the connection process.*

Interviewer: Thank you, that's helpful.

Zeta: *That is helpful, yes. What is your second question that you will answer yourself?*

Interviewer: The question has to do with the conjoining of objects. They conjoin and resonate to form one object out of a number of objects, that's my understanding, for example, a being and its

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environment. So the question is, how does a conscious entity keep its identity as an individual when it conjoins with objects in the environment?

Zeta: *You will need to explain your question more thoroughly, you will need to provide an example.*

Interviewer: Yes, we are sitting here in this room, (Zeta interjection: *you are sitting in this room*) and so are other beings and other objects like that table in front of us. It is my understanding that at a fundamental level, where everything is represented by frequencies, objects are not localized as we normally experience them, but they are distributed. That means therefore that the representation of the table is conjoined with the representation of myself, for example. So now, if I were to move outside of the room and leave the table behind, that representation of both of those objects would have to be separated in some way so that I can leave the table behind and perhaps conjoin with other objects in the environment in the space outside the room.

Zeta: *Yes, so continue, now I will hear your answer.*

Interviewer: I suspect that we as beings have a consciousness that belongs to a special class of consciousness that is self-aware, that is what we have been told, and my expectation is that this special class of consciousness has its own boundaries which allows it to “unconjoin”, the opposite of conjoining, to leave the resonations of other objects, the frequencies of other objects, allowing them to separate from this special class of consciousness.

Zeta: *Wait for a moment... All matter has consciousness. Your table as you say cannot speak. Why is that? Does it have a mouth? (Interviewer: no) Does it have the organs to support a connection process? (Interviewer: it does not) So how would it communicate with you?*

Interviewer: I would conjoin with it.

Zeta: *Yes, and so now, you believe that there are different levels of consciousness, but if you were, for example a stone, a crystal stone,*

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are you able to communicate with this entity? You see, human beings believe that if you cannot speak or somehow indicate your intentions, then your level of consciousness is in some way different to them.

Interviewer: I don't think that is quite the definition. To my mind, what distinguishes us from inanimate objects is the nature of the consciousness that they contain.

Zeta: *No, I will say to you that these supposedly inanimate objects are conscious things, and that the difference is in the level that you communicate with them, as you are only a construct of matter as they are a construct of matter.*

Interviewer: Yes, at the level of matter, but at the level of consciousness there is supposedly a difference. We have been told that there is a special class of consciousness from which souls were derived, and this consciousness has self-awareness. It knows that it exists.

Zeta: *There is self-awareness, yes, but I think this is a little bit complicated, and we are using a very simple work(?) Your table is aware because it is made of matter, and matter at its basic level is consciousness. It can not communicate because it does not have the required physical components. I cannot in some way speak to the table, although I can sense the table as you can sense frequency from a stone. If I was to hold a stone in my hand, or a table or a chair or any other item, I would receive information from the energy of the item.*

Interviewer: But the question was, how does the representation of that item separate from the representation of one of us, for example? If all is represented at a fundamental level by frequency resonations (Zeta: yes) then those frequency resonations have to shift when we rearrange those objects.

Zeta: *When you move, are you conjoined with the table?*

Interviewer: Yes.

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Zeta: *How?*

Interviewer: By the resonations of the frequencies that represent the table and myself.

Zeta: *And what stops you from leaving that resonance.*

Interviewer: Nothing stops me, but I don't understand how things change in the frequency representation, when we do change the arrangement of objects...

Zeta: *It is the rearrangement that is the issue, or the rules are different analogy.*

Interviewer: They are still unitary objects. The table is a table whether I stay or not, and I am me whether I leave or not. But at the fundamental level when I'm with the table here, I resonate with the table and everything is one in a sense ...

Zeta: *No, now I understand what you're saying. Do you believe that you are of the same frequency as the table?*

Interviewer: But the table also has a number of different frequencies in it.

Zeta: *Yes, of course, as do you. So you are a shape shifter, they call you. Matter is able to be in disassociation with other matter.*

Interviewer: Yes, the question is, how does that happen at the level of frequency? Why is one set of frequencies, why do they stay together in order to make that object, as opposed to half of the frequencies of the table and half of the frequencies of me splitting off and becoming an object?

Zeta: *That is an amusing question.*

Interviewer: An amusing question?

Zeta: *Yes.*

Interviewer: That's the crux of the problem.

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Zeta: *It's no problem, because at the basic construct of matter, it is held together by consciousness. The source entity, if you wish to say, understands form.*

Interviewer: So it is my consciousness that decides, determines what components of the overall representation stays together in order for a table to remain a table.

Zeta: *I find these questions amusing, and not because of any reason, but the perception is that there are ... this is consciousness playing a game with itself, this is consciousness seeing itself in separation, this is the local consciousness having a level of thought believing itself to be in separation, filtering the other aspects of itself and hiding from itself. So it's rather amusing that the consciousness believes this to be so.*

Can you control who terminates?

Interviewer: When I terminate?

Zeta: *Yes, without killing yourself, my friend. Step out of your body now and die. Can you do that?*

Interviewer: Apparently not, no.

Zeta: *No, but you can, that is the difference.*

Interviewer: I can step out of my body and die.

Zeta: *Yes, of course you can.*

Interviewer: The body might die, but apparently my consciousness does not die, so what dies then?

Zeta: *Matter disassociates itself.*

Interviewer: Yes, I can understand that I might have been too focused on the physical.

Zeta: *But we like to talk to you.*

Interviewer: Thank you.

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Zeta: *Is everybody able to understand what we are saying or is it of a nature that is impractical for the sitting process? Do you have any questions that the others may understand rather than us talking to each other?*

Sitter1: On that subject, is the table of a different consciousness when it was a tree? It's changed through the life of the table.

Zeta: *That is a very good question. The tree, the matter, is reformed to take shape. And no, it does not change, but what does change frequency is a reconstitution, and so if the matter was somehow completely pulled to pieces and then mixed with other substances, then it would recombine as a different type of energy. But of course, its consciousness itself would remain like a fabric that cannot be changed. And so it is consciousness seeking to find itself in separation, and presenting itself on many layers of understanding.*

Sitter2: May I ask when we hold a crystal or we sit with a tree, and we close our eyes and just blank out our mind and our thinking, and we can have some impression of some feeling come through, is that due to sitting with the crystal or the tree?

Zeta: *There is an interlinking between... there are two stages to this. Of course we always try to simplify the process. And so, if you were to stand by a tree, or a human, or whatever, the etheric body of the entity, as all matter has a secondary body, would interlink with your own, and would perceive information from the field of the entity. But of course now, what if you want to connect to your crystal. If your crystal is a long distance away and you wish to connect to it, of course you cannot move into its proximity because physically you are a distance from it, and so how can you access it?*

Sitter2: By a thought pattern?

Zeta: *Yes, because you move into the interconnected consciousness of all things, and so you can also gain information from that field, that body, that field which holds the information.*

26.3 Incarnation and timelines

This interview focused on unanswered questions about the multiple timelines that humans are said to occupy when they move to a physical existence. The Zetas do not experience living in multiple timelines, so their knowledge of this human process is theoretical.

We also discussed the optimization problem that should be solved before a newborn human is inserted into a timeline. To what extent is there mutual interference between the objectives of the newborn and the objectives of humans already living a physical existence?

Interviewer: When a spirit in the spirit world decides to have another physical incarnation, and is able to exist in a number of different time lines, it is still one entity, and I'm wondering how one entity can exist in multiple timelines. Is the consciousness of that entity duplicated for each timeline?

Zeta: *Yes.*

Interviewer: Oh it can, so it's an exact duplicate?

Zeta: *I would say though that the similarity has two forms.*

Interviewer: There are differences?

Zeta: *The similarity has differences.*

Interviewer: So they're not precisely the same?

Zeta: *No, that is based upon the mistake that much of the discussion we are having is based on theoretical models that we have discussed with others amongst our race. There is no guarantee that what is said on this subject is known to be a truth.*

Interviewer: Is this because the zeta race does not participate in this process?

Zeta: *That is correct.*

Interviewer: I see.

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Zeta: *There are only probabilities.*

Interviewer: Is one of the reasons a Zeta may wish to be incarnated in a human container the possibility that they can experience the existence of multiple timelines?

Zeta: *That is a very complicated question because it has a multi-faceted component to it. Let me explain. The collective consciousness of the race is based on multiple frequencies. Now, if you as a Zeta entity are in operation within one of those frequencies, if you were to incarnate, as you say, into a container, the timeline that you incarnate to, the real issue is, my friend, that the timelines are not what you believe them to be. They are not segmented by your time process. They are based on dimensional aspects and frequency. So when the discussion of a timeline is due, there is a deception that they are a segment related to each of the incarnations. But what is taking place is that you are in operation in frequency, and depending on frequency will depend on the type of interaction that you will have with your perceived reality.*

Interviewer: Are the different timelines, were they created using different frequencies?

Zeta: *They exist in frequency.*

Interviewer: If you had two time lines, would one have been created using a different frequency than the other?

Zeta: *Yes, but there is also the ability of many races to create a mirror image of a current timeline, and then place functions within the timeline to understand the perceived probability.* [This refers to the ability of the Zetas and others to model the multiple timelines as synthetic quantum environments, discussed in another chapter, and form a theoretical understanding about how the process works.]

Interviewer: Now this being in the spirit world who wants to live another physical existence, I understand that the broad strokes of this persons physical existence will be predetermined before he is actually born? Would that be correct?

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Zeta: *I will give you an example. That medium in front of the other medium was predetermined to exist within this timeline.[During this sitting, the medium Kai Muegge was a guest and was seated in front of the medium, Paul Hamden.] Wouldn't this reality, the broad brush strokes, as you say...*

Interviewer: That was part of what was predetermined.

Zeta: *It was.*

Interviewer: So each of us chooses a particular point in time that would fulfil the requirements for that life, I understand.

Zeta: *Much of the spirit realm is in chaos, but a lot of chaos that is there according to your ability, that it is a tumultuous process of development, whereas the Zeta race, the plan what is to do with the incarnation, they are precise insertions into the container.*

Interviewer: But I understood that that is what a spirit entity does as well before the incarnation. The decision is made as to what the lesson is to be learned in this life. So that would involve also specifying to some extent what kind of life that person will lead.

Zeta: *Yes, my friend, but remember when you are having discussions with us that you may be speaking about the human existence, and the point of origin entity may be a spiritual entity as you say. We will also indicate to you that we are talking about our own race as well.*

Interviewer: But in the context of the timelines, the use of the timelines are different depending on the point of origin.

Zeta: *When a spirit entity decides to incarnate into a physical form, it may be based on the personal experience that the entity wishes to receive, whereas when the collective consciousness entity from the Zeta race is placed within a human form, it is a planned process and not by the individual. It is based on the collective will of the race, whereas your spirit realm does not have that level of control in regards to what is to manifest. Else there would be no war, the operational frequency of all humans will be at a level of love, as you say.*

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Interviewer: There is one question that I couldn't resolve; that is, the timelines presumably are used by many different entities born at roughly the same time, and I'm wondering how the needs of so many beings can be satisfied simultaneously. They are not born simultaneously, the timeline is continuously being modified by the beings that already exist there, and yet a timeline is chosen as a vehicle for a new entity to experience something. It sounds to me like a huge optimization problem which I don't see how one would solve.

Zeta: *Can you give me an example?*

Interviewer: If you have ten beings who are already living a physical existence, and there is a new entity wishing to be born with certain objectives in mind, and a copy of that individual's consciousness is placed into a particular timeline...

Zeta: *Is it a spirit being?*

Interviewer: Yes, it is a spirit consciousness, and there are already ten other spirits existing on that timeline who came there, were placed there, before any knowledge of the new being wishing to experience that timeline is in place.

Zeta: *Are they all the same entity?*

Interviewer: No, they're different entities.

Zeta: *Continue on...*

Interviewer: By inserting the new entity, you are changing the timeline for the beings that already exist.

Zeta: *Yes.*

Interviewer: So the beings that already exist had their own objectives for being there, and when they were born, the new entity we are talking about was not yet thought of, and so by the new entity being born, the conditions are changing on the timeline that is being experienced by the ten other beings.

Zeta: *That is correct.*

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Interviewer: So in effect, the new entity is interfering with the objectives of the existing entities.

Zeta: *That is correct.*

Interviewer: Is that an issue that the spirit world is concerned with when they introduce a new entity?

Zeta: *I do not believe that the spirit realm has the capacity to understand that technical issue.*

Interviewer: So when you're dealing with billions of people, the chances of the new entity's objectives being realized are probably ...

Zeta: *Minimal at best.*

Interviewer: Yes.

Zeta: *That is why when a decision is made to insert a extraterrestrial, as you call it, into a container, that there is great thought placed into what will be the purpose, what is there to offer, how can there be change.*

Interviewer: But if that problem can be dealt with by an extraterrestrial, then why not by spirits in the spirit realm? The problem is the same.

Zeta: *Because, as stated previously, when you were to incarnate into your form, there was not a collective decision made by the spirit realm as to what function you would perform.*

Interviewer: So it is easier for the collective to solve that problem than for an individual, I think that would be your answer.

Zeta: *There are many levels of thought that must take place before a decision is made as to what type of insertion there will be. There are many levels of thought that must take place for the spirit realm to move to other levels of existence. This is why many of the spirit teams, as they are called, are now aided by a distant race.*

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Interviewer: Are there some extraterrestrial races that have more expertise in guiding the planning of a new human physical existence?

Zeta: *Wait... do not believe that you are the only race existing within the universe. There are many races that are supporting many civilizations.*

Interviewer: Yes, but with particularly humans, it seems almost as if there is a Human Project that extraterrestrial races are helping to move forward.

Zeta: *Yes, of course.*

Interviewer: Our containers apparently were, if not created, at least developed by the Anunnaki, there are stories about other races contributing to human culture and knowledge, and now you're saying that there are extraterrestrial races that actually guide the reincarnation process. So are these things all connected in some way?

Zeta: *There is connectivity in all things.*

Interviewer: Yes, but in this particular case, were these three kinds of, we might say, intrusions into human development planned together to make things turn out a certain way?

Zeta: *If only there were such a level of cooperation.*

Interviewer: It's more random than that, eh?

Zeta: *Unfortunately, yes. May I ask a question? Do the other sitters understand what is being said?*

Sitter: We're all listening intently.

Zeta: *Are there any questions in regards to what has been said? Because this is a group discussion and we do not wish to make you feel unwelcome.*

Sitters: (voiced satisfaction with the process)

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Interviewer: In relation to the time lines again, we agreed earlier that they differ in terms of their state of existence, they were created using different frequencies. Suppose an entity such as I lived on one timeline, and I managed to develop to the point where I was able to project more love onto other entities in the timeline and the timeline itself. By doing so, I would exceed the frequency that was used to make ... [Before being interrupted, the interviewer intended to propose that he should be able to jump to a higher frequency timeline that matched his current state of consciousness.]

Zeta: *No, you may not change, you may not move outside of the... if you can imagine that everything is encapsulated within a tubular form, that you are a conduit. No matter how hard you try, you cannot influence the other conduits, else there would be chaos.*

Interviewer: I thought this might be a way for all the timelines to eventually merge or converge to a high frequency state of existence, if it were possible for all entities to ...

Zeta: *There will always exist low frequencies.*

Interviewer: There could never be more than one representative of a particular spirit on one timeline. All right.

26.4 Consciousness and guides

This discussion centred on the relationship between a being and its spirit guide.

Zeta: *We showed the medium how to block us from coming. Why do you think that was?*

Interviewer: So that he would still have free will.

Zeta: *Yes, to give him the chance to choose. Would not any guide teach you that?*

Interviewer: Yes. Do guides change?

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Zeta: *I would say to you that your perception of your guide changed, and as you are able to accept and understand, then you perceive your guide in a different form. Of course, some guides do leave, but they are not the predominant guide. It is unusual for a guide who is the main entity to leave his person.*

Interviewer: And of course, the guide in all instances is separate and different from the higher self, is that right?

Zeta: *Higher self is able to be a multifaceted being, and in this process is able to externalize all the facets of self to make the entity believe that it is being guided by an external entity.*

Interviewer: So in some instances your higher self can also be one and the same as the guide?

Zeta: *Yes, of course, and other times the guide is part of the soul process.*

Interviewer: And some time the guide can be totally separate?

Zeta: *Yes, my friend, of course. I consider myself to be the medium's guide.*

Interviewer: So do you get to choose who you get to be a guide for? Do guides choose who they're going to go with?

Zeta: *Yes.*

Interviewer: Is that because of some relationship somewhere?

Zeta: *Yes, of course.*

Interviewer: Is that the soul group you are talking about?

Zeta: *It may be a friendship that you have developed before you were in the physical.*

Interviewer: So while we have guides, does the same apply to other ET races, do they have guides too?

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Zeta: *There are beings that offer advice to races. We have stated many years ago that the inter-dimensional entities known as blue beings are often seen as a source of information.*

Interviewer: So as we humans have got our higher self as guides, and a lot of people have guides from the spirit realm, you as a Zeta know your higher self, but wouldn't class what you've got as a guide?

Zeta: *I know my higher self as I am my consciousness.*

Interviewer: But you don't also have a guide?

Zeta: *The collective mind is the guide, but there are many other entities, and they are states which one would wish to move to. But to say that we would depend on a guide is not a function that we would accommodate, my friend.*

Interviewer: So as humans we have guides, is that because we're not that evolved and a long, long time from now, as we do evolve, we wouldn't need guides?

Zeta: *Do you have contact with your guide?*

[people aren't sure how to answer]

Zeta: *Do you need a guide? What function does it serve? It would depend on the work you are to do.*

Interviewer: Is the answer 'yes'?

Zeta: *Well, what work are you to do?*

Interviewer: I'm talking as a race, if we were to evolve and become an non-corporeal being, we probably wouldn't need a guide at that stage.

Zeta: *But many of us do not know their guides anyway.*

Interviewer: But that's because we're not developed enough.

Zeta: *Then what are all the guides doing?*

Interviewer: Pulling their hair out? [more guesses].

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Zeta: *They are working in the macro-processes, seeking to advise you of what is the right decision process. But you are here for experience, and so no guide takes away your free will. The creation of one's own guide, as you stated before, is a function of the higher self entity, a powerful being indeed, if sought out correctly.*

Interviewer: Thank you.

Zeta: *What exists in illusion is manifested into the physical. You are not of your true selves, as you are in the physical bodies. The higher self nature seeks to understand itself via many avenues, and so has also given itself guidance in many forms. Is someone's consciousness a singular entity?*

[energy seems to be changing – a new Zeta being?]

Interviewer: Does a guide have a higher self?

Zeta: *The guide has the facet of a consciousness, as there is no separation of any consciousness, only the illusion of separation.*

Interviewer: So therefore, they don't need a guide?

Zeta: *If a guide is seeking guidance, they will seek information from within, they then will be in some circles, a many-faceted entity. If you have no corporeal form, then your consciousness has no boundaries except the ones defined by your frequency.*

Interviewer: Consciousness is like a certain frequency of energy? Where does consciousness exist?

Zeta: *Everywhere.*

Interviewer: Can you see it?

Zeta: *You cannot see consciousness. Consciousness can only understand itself in separation.*

Interviewer: When saying separation, are you saying that the facets of the consciousness are separating into the physical realm, to be separate from itself?

Zeta: *Choose to.*

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Interviewer: They will be able to see the consciousness from a different...

Zeta: *Perspective.*

Interviewer: And does consciousness choose how many facets it's going to have?

Zeta: *There are many facets to this question, and so consciousness of a source nature is existing in an unlimited process and, of course, many higher self entities are also existing in a faceted existence, all as consciousness. The collective mind of the race is the collective consciousness of the race, but even that existence has its boundaries, and the collective mind seeks experience.*

Interviewer: We've talked about the grid in the past, is that the collective consciousness of humanity?

Zeta: *The grid process is much aligned with the nature of all things being connected. Your scientists are now understanding the relationship between the subatomic particles, and that the state is determined by its relationship to other particles, but they do not understand that it is the consciousness that creates the state, and it is consciousness that has created the illusion of matter.*

26.5 Our interactions with entities

While transcribing this interview some words could not be understood, and these are represented by a string of x's as placeholders. Occasional mention of Wallacia refers to several séances held there in November of 2013.

There was an initial discussion with the Zeta in the sitting about the feeling of the energy in the room. The Zeta asked the sitters if they use the sensations as some kind of mechanism for understanding.

Sitter: There are times when we're not sitting that I do feel the energy and I know that you are around. So yes, I do use it as a guide for knowing when you're close and when you're not.

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Interviewer: I use it as an indication that I'm producing the energy. Without it I probably would not know.

Zeta: *And so, why are you producing the energy?*

Interviewer: I want to make contact with the spirits in the spirit realm and also where you come from.

Zeta: *But you can't produce the energy and not have any contact, and so it is the opposite effect, that it is when you are initially contacted by a being or entity that you feel a drawing sensation from him as if something has been activated, and so it is from there they are activating the connection between you and them.*

Interviewer: When I feel it, I am being acted upon by....

Zeta: *Yes, you are influenced. Now of course, the human has the capability of producing a vast amount of energy, and so one may find that the etheric body is moving to an increased size when they are building their own energy, that they are not in contact with another entity, and that is their training, and so they must learn to differentiate between what is of their own making and what is activated by an external entity, and this is quite simple to determine if you are not sitting and focussing but it is a random act, and you will certainly feel that you are being acted upon by an entity.*

You need to look at that summation rather than conjecture, but with the energetic presence that has built up at Wallacia by us and others, and the energetic dome, the forms the functions xxxxx. And xxx xxx xxx the spirit people and other races... You may feel what you wish, but if you are not in any way physically affected then the entity comes from within, but if an external influence is placed upon you such as a migraine, as you call it, or you are unable to see, or there are many ways to determine this but the influence is then, apart from being generally xxx, then you are being impressed by the energy, impressed in an egotistical way. They are trying to impress upon you their presence, they are trying to influence you by their consciousness.

Interviewer: What motivates them?

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Zeta: *Because they are much aligned with the physical, and of course depending on who they are, they seek to control, and if they can control you through fear, they have you.*

Interviewer: So the migraines and things like that are an attempt to engender fear?

Zeta: *A person who is not trained would feel helpless that they were under attack and would call for their guides who somehow would come.*

Interviewer: What would be the purpose of the so-called attack? We eat because we are hungry, the entity would give a person a migraine for what reason?

Zeta: *They would not understand that they were giving you a migraine. They would understand that they were able to associate with what was once their physical form, the pleasure of being in the physical. But it manifests in the human being as a different type of xxx.*

Interviewer: Can you describe how you once moved an entity away from the medium?

Zeta: *Yes of course, I moved into its presence. The frequency that I hold is much different from spirit people. They are unable to maintain their level of consciousness when we are around so they must leave our environment.*

Interviewer: So there is an incompatibility between their state of existence and your own?

Zeta: *Yes.*

Interviewer: And yours, because it's a higher frequency, overrides the other one?

Zeta: *Yes, of course.*

Interviewer: So if we wanted to be able to do that ourselves, we would have to learn to raise our frequency, raise our level of consciousness.

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Zeta: *Yes, or to be in tune with a guide entity that was already at that level, or a loved one that you knew could somehow raise your frequency. Or to, as you say, be with love.*

Interviewer: So we can call on any loving entity that we can think of, and that would be sufficient.

Zeta: *If you felt the... let me think of a way of explaining it. Do you love your wife?*

Interviewer: Yes, I do.

Zeta: *When you have emotional content for the love, and so within your chest parameter you feel a certain emotion, you feel that you love your wife, and so there are two different situations. One is where you are asked, do you love your wife, the other one is where you actually feel the emotion of love, that strong emotion. That strong emotion gives you the capacity to be in a different frequency, because the emotional body is resonating in conjunction with the etheric body, and that's the frequency that you are emanating is based, has it's core basis in the emotional of love.*

But you do not need to be in love to defend yourself. It is a matter of acting upon your thought process, understanding who you are.

Interviewer: How can understanding who I am fend off energy that I don't want to experience?

Zeta: *I will give you an example once again. Did the medium tell you he had a visitor that came into his dream state? It was a grey entity as you call it.*

Interviewer: Oh yes, yes.

Zeta: *How did he defend himself?*

Interviewer: *I don't recall the details if he did tell me, on how he defended himself.*

Zeta: *He remembered who he was.*

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Interviewer: He did say that much, but I didn't know what that meant.

Zeta: *That was enough to drive the entity away.*

Interviewer: And what does it mean to remember who you are?

Zeta: *It means to understand who you are outside of your physical entity, and not to be lead astray by the local consciousness. And so, if you spend much time in meditation and seek the inner part, as we say to many, you will find that you have much power over xxx too, and go on many journeys to exist in many states, because once you, if you ever are able to leave your physical body at will, you will need to know who you are, so that if you come upon other entities, you may stand in your energy.*

There is no need for confrontation, but these things are a matter of xxx. There is no confrontation when you stand within yourself. If another entity that was a higher vibration frequency than you would come to you, then you would sense love from him. You would not be trying to defend yourself from a loving entity, but you would be allowing your frequency, your emotions to increase as you become one with the entity. But the opposite applies when the entity comes to you. It sees you in some respects as a higher level frequency entity and tries to join to you as you join to another loving entity. And so, if you are unable to withstand the joining process, because many times when we have encountered the spirit people that have not transitioned correctly, but we are able to withstand joining to them, so we can explain to them what is taking place.

Interviewer: So, in order to know who I am, I have to understand that I am a loving entity?

Zeta: *Yes, my friend, and act accordingly.*

Interviewer: So when I ask a very loving entity to help me and I resonate with it, how is that different from a lower level entity, a lower frequency entity, wanting to resonate with me.

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Zeta: *Because the capacity of the consciousness of the, and we will use your human constructs, if you were to see an angel, and you felt the love from the angel, you would understand that you were increasing in frequency and emotional capacity. But the angel, or the entity that is appearing as the angel, would be sensing a lower form coming towards it, but the angel would not reject you because it understood that it has greater capacity to give you the experience, and to even possibly change you. But a human would struggle to allow a low frequency entity to come to it, to be you. They would perceive it as such xxx xxx xxx. But if you knew who you were, you may link to the entity.*

Now I will tell you another story. The medium was faced with a spirit person in the house, and did not want to link to the entity because he believed that the entity would somehow possess him. After three days of fighting the entity, he decided to allow the linking process to take place, and he found it was a small child that was trying to communicate with him. But because the child was much close to the physical, the medium felt like he was being attacked. But once the medium understood what was taking place, his perception changed of the situation, and he started speaking to the entity, and of course straightaway a physical manifestation started to occur around the medium, the headaches, the blurred vision all stopped. But he had to be brought to a place where he understood what was happening.

Interviewer: But he linked to the entity before he knew what it was. If it had not been a small girl, but rather a more powerful low frequency entity, could he have broken the link at that point?

Zeta: *He would have had to use his guides to ... There was much preparation, we were standing in the background of what was taking place. He had alerted us of what he was to try to do.*

Interviewer: So it's not an approach that could be used by everyone.

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Zeta: *Well, if you inadvertently had moved to places where these frequencies are, then they will attach themselves to you, and you may not understand why or how to get rid of them.*

Interviewer: So you would need to have the help of your guides or whoever else was willing to help.

Zeta: *When a child is to build something, they are shown by an adult how to construct it properly. If the child built it by himself, it would not look like what it xxx xxx.*

Interviewer: So proper guidance is useful, as you say.

Zeta: *Yes, of course, but as in any situation, a guide will always allow their friends to get into trouble, as you say, or the perception of trouble.*

Interviewer: Hmm, and not stand in the way of their learning.

Zeta: *That is correct, yes..*

We are now finished with our discussion. We have given you the understanding of the basis for connection. That is much better than any answer to a question that you could have thought of. Do you now know the difference between your own energy and another's? You have been given an experience of different kinds of energy, some which existed, others which did not. You have been able to sense energy. The rest is now up to you.

Interviewer: Thank you.

26.6 Zeta view of human society

Zeta: *Of course, we like our experiments like you do. We are a very technical race. Everything for us is experimentation. This gathering is an experiment.*

Interviewer: There is mutual benefit, I'm sure, because your information is useful to us too.

Zeta: *If that is important to you.*

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Interviewer: Yes it is, is your experiment important to you?

Zeta: *It is based in what will ultimately become a combined race.*

Interviewer: I see, then it is important for us to learn much about what you know in order to facilitate that process, would it not?

Zeta: *No, this is all based on protocol. Others will discuss technical information. But if our race does not understand how to navigate your complicated social structure, then there will be disagreement and a misunderstanding.*

Interviewer: So the purpose of answering my questions is to learn how to communicate with us or talk to us, deal with our social protocol.

Zeta: *Yes, not to give you any information, that is just a by-product of the communication. We are learning about the way that you think.*

Interviewer: Ok, I understand that.

Zeta: *You see, if I now speak to someone else, they will speak differently, so we need to understand through discussion how complicated you are, because you do not yet have the collective mind where you all think the same, but still hold your individual aspects. And then you believe that they are very important. And you do not understand that they are not. Unless you are producing a service for your civilization, you are not. Each entity provides a function. If you are not providing a function, then you are irrelevant.*

Interviewer: Well, my function here is to learn about the nature of reality as you perceive it.

Zeta: *We have found that many of your race are, without being derogatory or wanting to diminish what you may perceive as important, many of your race are in addiction and are not supporting the race through the proper process, and so they are to become irrelevant and will not have discussions with us because we have nothing to learn from them as they are obsessed with their own consciousness, betrayed by what they desire, what they see which is to hope they can bring back transition.*

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So, why would you come to a race and quite often to speak to a person with addiction. You should understand why many of the humans are experiencing addiction. Only seek entities of clarity such as yourself and others who are not in addiction, because a person in addiction is following the path that the chemical or the psychological process is guiding them on. And so you do not need to understand the human but the molecular structure of the addiction if it is based in matter. I don't believe that you understand what I am saying.

Interviewer: Well I understand that there are many people who are very ego-oriented, that they want to understand things to promote their own position in society or to gain wealth, and so on, and often some of this information that they discover remains hidden for...

Zeta: *That is the ego-based process, but I am talking about your beverages and your chemical substances which humans induce. It is seen by us that many of you are in addiction to these substances.*

Interviewer: Oh, you're talking about drugs and alcohol.

Zeta: *Yes, that is the name for it. And so if part of your population is addicted to something, then of course their behaviour is based on structure, the molecular structure of what they are ingesting. We have no need to discuss with them to understand the protocol, as they are not a desirable function for a race. This may seem rather harsh.*

Interviewer: Yes, it does, but the rest of us would understand that. Why would you want to talk to a person who has no interest except in where his next drug dose is coming from?

Zeta: *Yes, you will see in the future that this will become a major issue for your human population.*

In the above interview, the Zeta revealed that their primary reason for speaking with us was not to share their knowledge, but rather to

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learn how to interact with us. This would help to avoid misunderstandings in their future relations with humanity.

After the sitting, the interviewer mentioned his concern to the medium that the Zetas' objective could be achieved without regard for the validity of the information given to us. That is, they could practice our "social protocols" just as well by telling us tales that had no basis in fact. In a later sitting that same day, the Zetas responded to this concern.

Zeta: *There seems to be a request coming through for you [from other Zetas]. There was discussion in regards to what was said to you about... the information that was given to you is not important, do you understand what was said?*

Interviewer: That the information that you gave me was not important?

Zeta: *No, I was saying that was part of a conversation, but that was the stream that I have received. Was there not an issue between you and the medium in regards to what was said? The information that you have been given, you somehow perceived to be false.*

Interviewer: I'm sorry, I don't quite understand what I perceived to be false.

Zeta: *You were talking about the human experiment, that you were able to place information into something to see if it worked even if it was inaccurate information. You still do not have the recollection of the conversation?*

Interviewer: Were we talking about the experiment that you said you were doing?

Zeta: *Yes.*

Interviewer: I was concerned that since our objectives were different, you were primarily interested in studying social interactions between your race and ours, and I was primarily interested in finding out new information about the nature of reality, I was concerned that the accuracy of the information that you gave

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me might suffer because our objectives were different. The question is, can I still depend on the accuracy of the information you give me.

Zeta: *The discussion is the conjoining frequency, if you wish, the discussion must be accurate because, if it is inaccurate then we will not get the correct results from you.*

Interviewer: Ok, thank you, that clarifies that.

Zeta: *There seemed to be some energy in the fabric of the room that was a residual effect from that conversation which we had.*

Interviewer: Thank you, I understand now.

Zeta: *Have I ever demanded anything of you?*

Interviewer: No, what I've done has always been for reasons that I thought were beneficial to all.

Zeta: *For the others that have spoken with us, have we ever asked anything of you?*

sitters: No, no, never.

Zeta: *Have we only given?*

Sitters: Yes, yes.

Zeta: *We have also stated that you must secure your own truth in regards to all things. Any entity that comes to you and states that you must believe what is said, then you are in error. Challenge all things and then use your intuitive abilities to find your truth.*

You must understand that you are one race, or perceived to be one race. There are many other races which we interact with, and there are many other races that interact with you as humans. But whether your perception is, or whether you are able to understand that you are being interacted with, is of a different level of consciousness.

I would say to you all that, as a basis for discussion, hold your frequency until you understand. When another comes to you and changes your emotional state, and they are, and you are, allowing your frequency to change, that would manifest itself as a level of

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happiness within a human form. When you allow others to change you, you are giving your will over to another entity.

27. Zeta and human higher emotions

In previous chapters, we learned that our familiar three-dimensional space and its contents are constructs created in a multidimensional space that the Zetas refer to as “*one source energy*” or “*total consciousness*.” This non-physical energy is aware of its existence; that is, it has consciousness. Everything that exists is a configuration of this energy.

The energy of consciousness is hierarchically arranged and entities exist at the various levels. Fragments of the energy of consciousness form what the Zetas know as a “group soul.” Entities at each level have independent experiences. A quality they all share is a degree of harmony within themselves and each other - a position on a dimension of harmony.

As a state of consciousness, an affect or emotion may range from a transcendent feeling of compassion, gratitude, or unconditional love, to an opposite feeling such as anger, hate or fear. The affective dimension is responsible for those “*barriers and boundaries*” in source consciousness mentioned by the Zetas, and is essential to the creation process.

The Zetas said that their race experiences affective states beyond human experience, and so states of consciousness may be analogous to the spectrum of light. Just as our biology limits the range of

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colours we can see from red to violet, we may also be limited in the range of affect we can experience.

As discussed in the chapter, *Time*, vibration was thought to be a more appropriate word than frequency for the intended meaning. A state of vibration would reflect a feeling or an emotional state rather than a physical measurement of cycles/sec. A Zeta agreed that vibration was appropriate for expressing the emotional state of love when they said, *“Each time you act in a loving way towards each other, you are raising your vibration.”* In the conversations with the Zetas, “state-of-consciousness”, ‘frequency’ and ‘vibration’ all refer to a state on an affective dimension.

The state of vibration is tightly bound to the affective dimension of harmony or state of love. From the human perspective, creation does not seem like it should depend on an emotion. That it appears to be so from the Zeta point of view, emphasizes that emotions are central to existence.

27.1 Love as a means to an end

In general, a being in a particular state of consciousness cannot experience the creations of another being in a higher state. This constraint has an impact on the kind of relations that can exist among beings. For example, loving beings can choose to be exposed to other beings who are ego-involved with little ability to love others.

The Zetas recommended that we could use higher affective states like unconditional love to control our exposure to other beings in the energetic realms. For example, when faced with an unwanted, low-vibration spirit being, we could encourage it to depart by adjusting our affective state to a higher level. They said, *“Be in tune with a guide entity that was already at that level, or a loved one that you knew could somehow raise your frequency. Or to, as you say, be with love.”* But truly loving, higher-vibration beings would not be motivated to escape the attention of a lower-vibration being, especially since higher vibrations tend to overwhelm the energies of

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lower vibrations.

A medium in a higher state of consciousness can protect sitters in a séance from being bothered by such lower-vibration beings. They explained, *“When you provide an atmosphere of love, you are protecting yourself and your sitters, are providing a proper environment for your spirit friends and other energies to come. This love is a protection mechanism, it negates others from coming who are less than on the love frequency.”*

There is an exception to the general principle that lower-vibration beings cannot interact with higher-vibration beings. That is, a loving being may invite a lower-vibration being to resonate with it and so to feel its higher affective state. This explains the inexpressible love some people have felt from other beings during near-death and other transcendent experiences.

An unexpected sensation of a loving presence is an indication that a loving entity is near. A Zeta said, *“If another entity that was a higher vibration frequency than you would come to you, then you would sense love from him. You would not be trying to defend yourself from a loving entity, but you would be allowing your frequency, your emotions to increase as you become one with the entity.”* Again, *“If you were to see an angel, and you felt the love from the angel, you would understand that you were increasing in frequency and emotional capacity.”*

The Zeta identified the mechanism for such a feeling of love. They explained, *“When you are shown love, the frequency you are provided stimulates the etheric body process, you are given an implant of love.”* So, the love from another entity is felt when its higher vibrational state resonates with the etheric body. The resonance is equivalent to receiving an etheric implant that stimulates the sensation of love.

27.2 Helping humanity with love

The Zetas hope to help humanity to develop a higher state of consciousness with the energy of love. The chapter, *Why are they*

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here?, explains that the human collective consciousness forming in the astral realm is in a chaotic state. Zeta beings cannot help to change this directly while in their own form, so they hold humanity “*in focus area.*” A Zeta implied what this entails when they said, “*It is not a task easily undertaken to project love towards anger, to control what will not be controlled, to hold in your hand a potential of a race.*” As the Zeta revealed in the following disclosure, they use a technology to focus love toward the human race. This is done in collaboration with like-minded humans on the planet who provide access.

Zeta: *There is a active program in place where many of our race have come together and sit within circular processes, inside clear spheres. There would be roughly 8 to 10 of us sitting together. Each of the spheres has within it a representation of your planet. We focus together as a group and hold a planet’s consciousness within our thought process. Replicate this across many hundreds of spheres. This combined thought process, this combined telepathic joining, preserves the undulating effect of the collective mind of the human race around this planet. We are holding, as a group, the consciousness of the race in its current state to aid in the process for the transitional environment that the human mind is moving through.*

This combined effort is based on what is best for the human race. ... It is a desire to want to be of service, to move into a state of consciousness. There are certain rewards that are attained when sitting with others, personal levels of satisfaction, knowing that the support that is given to beings such as yourselves, is of a worthwhile nature. There are many humans that are seeking to support the collective consciousness of the human race to a greater potential. Each of these individual humans numbering in the millions across the planet are the nodes, are the entry points for this consciousness, for this collective effort in aiding the planet.

The Zetas’ external influence is expected to beneficially affect the state of the human collective consciousness. This will “*provide an entry point for other races to have physical contact to a larger*

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degree with you as a race.”

27.3 Does a Zeta feel emotion?

The Zeta race is a practical race that is adept at manipulating the environment. This is expressed in their comment, *“We are a very technical race. Everything for us is experimentation.”* They treat a state of consciousness as an energy that can be increased or decreased depending on the situation, and so they are not always in their highest state of love. They said on one occasion, *“Is it possible for a lower frequency energy to produce love? No, not at all, no. So we come in love. That is an energy that we bring with us if we choose to. We present the energy that best suits the conversation processes.”*

A sitter asked why she felt a lovely energy in the areas of the solar plexus and heart, and the Zeta replied, *“Because we come in love.”* Anecdotes such as this confirm that the energy the Zeta produces can indeed be of love. Because their higher affective state has been sensed, we can be assured that they are not lower-vibration beings exploiting the trusting humans. Nevertheless, they can choose to come in a lower affective state if they feel it is warranted.

The Zetas made a decision long ago to purge their consciousness of low-frequency emotional processes that lead to destructive behaviours. A Zeta explained, *“There was a time when we felt the extremes of emotions, but those things were changed. It was a choice of the race to be more productive. ... and so genetic modification processes were put in place and certain functionality was removed.”* So now, *“There is joy, there is love, but there is not anger, there is not greed. Those emotions do not serve us.”* The higher frequency processes remain, so *“there is compassion, there is oneness ... There are other emotions you do not know.”*

A Zeta tried to describe how their emotional life differs from that of humans. They said, *“We do not function the way a human functions. We have capacity to have emotional responses, but we do not seek emotional fulfilment. We seek harmony to the race. No entity works*

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for itself.” They also said, “When you are in complete harmony with other beings, you are in a symbiotic level of consciousness with the entities, and there is no words to state and no emotional capacity to understand the silence, the peace. We come from a place of quiet, the collective consciousness of the race is quiet, and there is stillness. ... If the state is one of harmony and stillness, there is no requirement to bring in these other emotional frequencies. The perception of the race is that when you are in stillness there is no requirement for any other emotive state process.”

So the answer to the question, “Does a Zeta feel emotion?”, is that the race’s experience of the affective dimension is different from ours. They have eliminated negative emotions such as anger and greed, and they do experience love and compassion when appropriate. Their higher vibrational states can also be expressed in ways that are not part of the human experience. There is complete harmony with other Zetas in the collective consciousness, and a completely satisfying state of stillness. Nothing more is required.

27.4 Summary

The conversations with the Zetas indicated that the affective dimension is a property of consciousness itself, and is the foundation of the creative process. It manifests from the cosmological level to the personal level. States of consciousness create in the energies of consciousness, and states of consciousness shape the emotions we feel for each other. These states have practical relevance in the energetic realms when they influence the interactions that are possible among beings. For example, the Zeta race is focusing love on humanity to create conditions more suitable for human communication with extraterrestrial races.

The ways that the affective states are experienced varies among physical races, much like sensory experiences do. The Zetas have modified their own genome in order to eliminate expressions like anger and greed in favour of joy, compassion and love. Their achievement of a collective mind enables them to experience peace, harmony and stillness in symbiosis with other Zeta beings.

28. Health and healing

Summary. *Successful healing of different ailments was accomplished by beings of the extraterrestrial Zeta race performed in collaboration with the medium, Paul Hamden. The Zetas explained the interactions between the physical and etheric bodies, their relation to consciousness, and the processes involved in health and healing.*

The physical human body is structured according to an etheric body blueprint. Consciousness can recognize when healing is required, and begins the healing process by comparing the structure and function of the body with the etheric blueprint information. The communication appears to involve a quantum process. In one case of healing, the Zeta indicated that they changed the energy of the etheric body and instructed the consciousness to heal the physical body.

The Zetas are physical beings who live in physical environments, but they also have the ability to extend their consciousness to a non-physical, multidimensional, energetic environment. One energetic existence is the etheric realm which is transformed to a physical

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realm by a perceptual process. Every physical body is associated with a corresponding definition or description in the etheric realm. This mutual relationship means that a change in one results in a change in the other.

In a body of living matter in particular, there is constant change that is reflected in the state of the etheric body. The latter responds to pressures from the consciousness of the living entity, and influences the physical and chemical processes in the physical body.

With their knowledge of the relationship between physical and etheric bodies, the Zetas are able to heal various illnesses that resist human medical treatment. The following sections discuss several cases of healing by the Zetas and their explanation of how it was done.

28.1 Cases of healing by a Zeta being

A Zeta said, “You have a subtle energetic body. This holds all thoughts and frequencies that allow you to accomplish all levels. For us, all illness is energy, all wellness is the same energy at a different resonance. We have proved this many times when the medium is unwell and we come and bring a different vibration to the medium. The medium then becomes well.”

The Zetas have demonstrated their healing ability a number of times, and several healings are described in the following cases. Usually, they do a healing with barely a cursory explanation of what they did. In the first case, they describe their methodology in more detail. The general approach discussed there may be applicable to the other cases, and the Zeta’s comments are instructive.

28.1.1 Case 1

In this case, an elderly man had asked the medium if the Zeta would heal his nose which had precancerous skin cells known as actinic keratoses. This problem had persisted following an earlier treatment with cryotherapy. The healing was performed by the Zeta during a sitting with the medium. The healing process itself appeared to last

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for a period of 1 min 26 sec when no words were spoken. After it was finished, the Zeta discussed what had occurred.

The problem with cellular changes in the physical form are that the body is self-programmed to provide these potentials within the framework of its existence. It is a natural response to provide the abnormal cellular structure. The body perceives that it is doing its job.

We have instructed the consciousness of the etheric body in the facial area to reverse the cellular changes. But of course from the physical side, there will be potentials applied to the etheric changes. You, as consciousness, are in the middle and are also responsible for being of a receiving nature, to tell your body that it is appropriate to heal.

In other words, the etheric energy around the affected area had been adjusted, and it would take time for the physical cells to return to normal. These etheric changes would be actively resisted by the abnormal physical energy. To help overcome this resistance, the local consciousness was directed to assist the healing process and reverse the abnormalities.

The man was advised to assist the process by meditating on the body as it was before the appearance of the abnormality. When asked what strategy to adopt, the Zeta replied, “*What was your cellular structure before the abnormal cellular structure? You need to be in that state where you are prior to the cellular structure.*” So at times in the following days, the man visualized his body at a much younger age, and imagined his current self merging with that healthier physical form.

The images in the figure show the affected area on the nose at different times. Surprisingly, a change was already apparent about a half hour after the departure of the Zeta at the end of the healing session. The lesions appeared less pronounced than they were about eight hours earlier.

Twenty-four hours later, scabs had formed over the lesions. During

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the following week, the scabs went through the normal process of healing, and after seven days, the skin appeared normal again.

Immediately after the healing process, the Zeta gave a demonstration of their ability to influence physical matter from a distance. They said, “*We will try to affect your recording device ... it has been done.*” The device recording the session was found to have a pair of obvious clicks at the location of the ellipsis in the quote. The clicks were not heard in the room. Apparently, the electronics of the recording device were directly affected by the Zeta.

28.1.2 Case 2

This case is about a healing experienced by a woman who is familiar with the UFO phenomenon, including experiencers who say they have had close contact with extraterrestrial beings. She is an experiencer herself, having been abducted periodically for

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approximately 50 years.

She contacted the medium, Paul Hamden, to investigate his ability to communicate with the Zeta race. She was skeptical and wished to find evidence that the beings are real. The following is her description of the experience, edited slightly and reproduced with her permission.

The medium alleged that a Zeta being from the Zeta Reticuli star system could communicate through him and offered me the opportunity to speak with this being. Being an experimenter, my curiosity got the best of me, so I set up a session with the alleged Zeta being, knowing full well that most channelers have a very poor track record. (The medium claims that it isn't channeling, but I don't have another term for it.) It occurred to me that I should request evidence that the Zeta is real.

I decided to request healing from an illness that had periodically ravaged my body for several years. I had had a formal medical diagnosis of [chronic mononucleosis](#). It was debilitating and reactivated whenever I became fatigued. I ran a fever, had swollen glands, body aches, severe joint pain, extreme weakness, etc. I was not able to drive a car during these periods. I also experienced neurological problems such as cognitive dysfunction (memory and word finding), dizziness and balance problems. The illness was precipitated by a particularly traumatic abduction for which I had partial conscious recall. I experienced burns on my back and head, weight loss, severe headache, and nausea.

I knew that several experiencers with whom I had worked claimed to have been healed by ETs. Being a skeptical person I had no expectation that I'd be healed. On the contrary, I thought it would give support to my suspicion that Paul was just another channeler whose claims were without merit. Was I wrong!

Three nights later, I awoke experiencing excruciating pain and strong electrical tingling throughout my body. Initially, I was

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alarmed thinking that I might have been in the throes of a fatal heart attack. Then I remembered the Zeta, so instead of dialing 911, I remained calm and let the experience happen. Finally, it stopped and I drifted off to sleep still wondering what had occurred. When I awakened, I felt like I was 25 again! I could feel none of the aches and pains that a person my age experiences on a daily basis. It has now been more than two years since I was healed. I haven't experienced one relapse and I hope that it will continue. I documented the event by reporting it to several researchers and my physician.

If anyone else told me this, I would be skeptical. I'd wonder if it was a case of spontaneous healing or if the disease had simply gone into remission. Or if belief had created an illusion. I've asked myself the same questions. But the fact that I have not had a relapse seems like more than a coincidence. I suspect that this unknown force healed me. I call it a miracle and am most grateful to Paul for restoring me to good health.

28.1.3 Case 3

In this case, a man with “ADHD and a bit of OCD or anxiety component” contacted the medium. He had a history of negative influences in his family life, and was under stress from the earliest times. This felt overwhelming and interfered with daily living and sleeping. He believed his problem was not organic, but more like a conditioned response to stimuli encountered from day to day.

The Zeta began with a kind of verbal therapy described by the man as follows.

He verbalized that I needed to “chill out”, although he didn't use those words. The sense that I got was that they couldn't move things around if I kept being hyper. He expressed that they understood when we have challenging life circumstances. It seemed to be linked to an overall development plan of some kind. He was kind of stern at first to get my attention and then related in a supportive manner. He told me to stop

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“catastrophizing.” This is true... I saw all possibilities in things, everything was amplified. He told me to chill.

After this direct talk, a vibrational “flush” occurred and those thoughts vanished AND I slept very well for days. Things are much better. Although some of those thoughts are there, I can manage them better.

The interaction with the Zeta lasted about half an hour. The Zeta’s voice was described as “a low continental voice different from the medium.” The man believes that the Zeta’s intervention was responsible for the improved quality of life because the vibrational “wash” had an immediate affect.

He has the feeling that they are still around him occasionally. He says he can tell when they are around, and he has learned to “go with the flow.”

28.1.4 Case 4

This case concerns a woman diagnosed with fibromyalgia, a condition that is characterized by widespread chronic pain, mood disorders and sleep disturbances. The symptoms had gradually progressed in severity over the previous 20 years, and she was on extended medical leave for 20 months before requesting a healing.

She was introduced to the Zeta by chatting with the medium over an internet chat utility to see if anything could be done. In her absence a few days later, the Zeta made the following comments during a sitting.

We have activated the potential for [name] for healing. She may find that she will have problems with her lower part of her legs and feet.

It would be interesting if she could get a... what would the test be called... is it possible to test the minerals in the blood of an Earth person for things like your lead or mercury? There is a potential there could be a mineral or chemical within her system that is too great.

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Immediately after the sitting, the medium said he received the impression that the immune system was involved.

Prompted by the Zeta's comments, the woman found references in the medical literature linking metals in dental reconstructions to fibromyalgia. She obtained the support of her doctor, and blood samples were analyzed with MELISA ([Valentine-Thon and Schiwara](#), 2003), a test for immune system hypersensitivity to various metals. The initial results showed an extremely strong response to nickel which is known to be associated with symptoms of fibromyalgia in sensitive individuals (e.g., [Stejskal et al.](#), 2013).

The woman identified and removed foods containing nickel from her diet. Also, her dentist removed dental implants made of a titanium and nickel alloy, and a stainless steel alloy containing nickel. It is thought that interactions between such dissimilar metals could have created a galvanic circuit in the mouth to increase the release of metal ions into the body. There has already been significant improvement in her condition, and more is expected now that the source of the nickel was removed.

28.1.5 Case 5

This case does not involve a healing of a specific individual. Instead, a Zeta was asked what they knew about autism, if there was a root cause, or if there was more than one cause.

They replied, “The cause is a misalignment of the core intelligence or consciousness, not properly resonating with the frequency of the physical form, and so, what is highly intelligent manifests as unintelligible information, because the physical body or form does not have the appropriate response mechanisms for the intelligence. The physical body will react when given certain external stimulation. Because it does not fully understand how to filter the information, we said that there is a misalignment of the conscious potential with the physical form.”

In their view, autism can be healed but not with current human medical knowledge and technology. They said, “*Your levels of*

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technology are not sufficient. The new form of healings that are based in consciousness will be much more successful in regards to providing these exceptional people with an attitude for voice.”

The Zeta’s statement is included here, since it may offer some insight for helping people with autism.

28.2 The etheric body

The human body, like all physical matter, has an etheric template containing information that corresponds to the form and function of the physical body. As the physical body grows or changes form, so does the etheric body. The body also has a local consciousness which is aware of the Earthly existence. It has a comparatively low vibrational state, so it is often not aware of its higher self residing either in the spirit realm or some other point of origin such as the collective consciousness of an extraterrestrial race.

The etheric body is the interface between the local consciousness and the physical body. The energy of thoughts from the local consciousness can alter the etheric information and thus affect the physical body. Conversely, messages, such as those from the physical senses, are transmuted by the etheric body to a form that can be received by the higher-self consciousness.

A Zeta described the relationships between the physical and etheric bodies, and the local consciousness.

Initially the three states are in separation. Higher self moves to integrate with a physical container, the etheric body is the field which allows the blending, and once the body terminates, the etheric form is absorbed by the originating consciousness.

One frequency defines the state of the physical body which is encapsulated by the energetic body which you are calling the etheric body. Many of the frequencies that are within the intermediary process of the etheric body are also in a state of change and flux. At any given point you may have what would be considered eddies, if you have the analogy of whirlpools in water.

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They described the forms holding energy in the etheric body as eddies or vortexes having the property of frequency.

The energetic body is in a constant state of change as the thought processes permeate the etheric body and change the frequency of what is, as does the higher self when it is to bring about change to the physical body - also, through an act of thought, changes what is the resonation of the energetic body to the physical.

The state of mind that you hold will be much aligned with the etheric body, and the energy that you resonate at between yourself and the etheric body. Now if your mind is much in turmoil then you can expect that much of your etheric body will behave as a reflection of your thought processes.

The etheric body interacts with both the physical body and the local consciousness and reflects a person's mental state.

28.3 The healing process

The different representations of energies in the physical and etheric bodies are described by a Zeta in the following example.

An injury or a sore on the body is obviously of a different nature to the normal state of the cellular process of the skin, but it still exists. It is represented in the physical as a different representation of cellular structure. It is also represented in the etheric body as a different state of energy and frequency. What takes place in the physical is a direct representation of what is happening in the etheric body.

Cellular processes in the physical body represent information from etheric vibrations with varying energy and frequency. So when the physical skin is damaged, the energy and frequency of associated etheric vibrations guide the repair of the physical body. The etheric template of the physical body is central to maintaining its integrity. As expressed by a Zeta, “*The etheric body understands its potential. It seeks to continually keep the physical body to that potential.*”

The Zeta gave another example, “*A cut ensues on the arm. There is*

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no opening in the etheric body, but there is what is perceived to be a vortex under the surface of the etheric body which is connected to the injury. Straightaway, the physical body knows that it has the capacity to provide a cellular reconstruction. The cellular reconstruction is aided by the potential of the etheric body's blueprint that would denote the original form."

When the physical body receives an injury, a vortex forms at the corresponding location in the etheric body. The pattern of vortexes follows the pattern of cellular disruptions, or in the Zeta's words, *"The size of the cellular degradation of injury that has taken place will determine how large the interference is with the etheric body."* The vortexes are *"a representation of cellular disruption"* in the etheric body. They provide potential to the physical body so that it can reconstruct the cellular damage. The potential originates from the blueprint defining the undamaged body.

The Zeta was asked how the blueprint information was represented in the etheric body. They replied, *"There is a predetermined basis to the genetic structure of the human, or of a animal, or of a tree. So, each of these living organisms have within them, around them, the potential for the etheric body to understand what is the physical potential of the energetic potential of the consciousness potential."*

The reply indicates that the blueprint information is located in a field of consciousness in and around an organism. Its genetic information, combined with the predetermined physical structure of the organism, defines the ideal state or blueprint. The Zeta calls this the consciousness potential. An injured part of the physical body is given a healing potential by the etheric potential that, in turn, comes from the consciousness potential.

How cells differentiate and grow into precise spatial patterns is beginning to be understood by human science, and it is an important issue for prenatal development. In that context, the consciousness potential brings information about the organism's ideal form. The potential guides the growth, generation, and regeneration of cellular structure.

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The etheric vortexes respond to physical disruption or injury by transferring blueprint information to the cells. When asked how this was done, the Zeta said, *“Underneath the energy is consciousness. It is the quanta information of the cellular structure of a human body. That consciousness indicates from beneath at the lowest levels, or the highest levels, of what is the action of the re-creation of the cellular process, and of course, all other potentials then exist. The energy then is actively working towards healing the physical cellular disruption.”* That is, the consciousness potentials contain the blueprint information for how the cellular structure should be re-created. Information based on the blueprint is communicated to the etheric representations of the cells. The communication mechanism is said to be a quantum process in the cell.

The local consciousness can cause an illness to be experienced in the absence of an actual illness. The Zeta said, *“What you are conscious of, you bring to yourself. A belief structure is that you can be harmed, and so you can be. I will give you an example, your common cold. You meet someone with this consciousness, you have a short time to either accept or reject the thought. If you accept the thought, the etheric body complies and vibrates the physical body to create the illness. If you choose to disregard the thought, you do not become ill.”*

They emphasized the causal role of consciousness again when they said, *“All illness is consciousness, all unwellness is energy. For us, we have shown the medium many times, he may have an unwellness, when we come the unwellness dissipates. The unwellness is based in frequency and consciousness. Once you have understood this fully, the unwellness will drop within your civilization.”* This ability of consciousness to alter wellness may explain the power of placebo or nocebo effects.

On the other hand, consciousness may decide that healing should not take place. The Zeta explained, *“The consciousness of the etheric body actively controls what takes place on the physical body. Now of course, if there are external influences such as radiation, that will*

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imply to the physical body cellular degradation or disruption. The etheric body may choose to either try to repair the information, or will actively ignore what is taking place, understanding that at some point, under instruction from the higher self, the etheric body should terminate its ability to continually make the physical body in a state of wellness.”

In other words, when the physical body is damaged by external events, the repairs will normally take place unless the higher self of the local consciousness intervenes to prevent it. For example, in Case 1 of the healings described earlier, the skin on the nose was supposedly damaged by ultraviolet radiation, resulting in the appearance of actinic keratoses. Since the damage was not immediately repaired by the body, the local consciousness must not have attempted to do so. This inaction was overridden by the Zeta’s healing ability. In their words, *“We have instructed the consciousness of the etheric body in the facial area to reverse the cellular changes.”*

At some point in every person’s life, the higher self will choose to allow the physical body to fail. The Zeta said, *“The physical body must terminate its potential, else the etheric body will hold the physical body in a constant state of wellness, and there is a potential that the physical human body could live a lot longer.”* To avoid living indefinitely, the physical body’s potential is reduced at some point so that it can no longer repair itself. It will then terminate, and the energy of the etheric body will transmute to a form that can be *“absorbed by the originating consciousness.”*

28.3.1 Details of the self-healing process

The human body, like all matter in the universe, is defined by quanta in the range of vibrations of the etheric realm. The quanta, also known as the etheric body, contain information that corresponds to the form and function of the physical body. The etheric body is experienced as the physical body when it is transformed by the

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perceptual process. Changes to the physical body are mirrored by the information in the quanta.

A ‘blueprint’ of the physical body is retained by the local consciousness in the form of consciousness potentials. The blueprint is derived from the generic template for a body of the human race, modified according to the characteristics of the particular individual.

A healthy, uninjured physical body conforms to the blueprint defining the body. The Zeta said, *“The etheric body understands its potential. It seeks to continually keep the physical body to that potential.”* When there is an injury, *“the cellular reconstruction is aided by the potential of the etheric body’s blueprint that would denote the original form.”* The etheric body is kept in the state specified by the blueprint information in consciousness so that the experienced physical body has the expected function and appearance.

With the intention of the local consciousness, a continuous heterodyning process monitors the state of the physical potential of the etheric body. The physical potential is the etheric base vibration of the ‘*Physical type of vibration*’ in the multidimensional model of vibration shown in Figure 14.1. It is constant throughout a healthy body and is the lower-vibration input to the heterodyning process shown in Figure 15.1. The higher-vibration inputs are the consciousness potentials representing the body blueprint. These potentials vary according to the blueprint information. In the above quote, ‘*all other potentials then exist*’ refers to the heterodyning difference potentials.

When the body is healthy and undamaged, the physical potential is constant, and so the difference potentials follow the varying consciousness potentials of the blueprint. When the body is damaged, the physical potential at the site of the injury is distorted. The distortion causes the heterodyning difference potentials to deviate from the consciousness potentials defining the healthy body. The deviation of the difference potentials identifies a need for healing at the location where it occurred.

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The local consciousness initiates the healing process when the difference potential indicates that it is required. A heterodyning process retrieves blueprint information concerning the cellular changes that need to be made. As cited earlier, *“Underneath the energy is consciousness. It is the quanta information of the cellular structure of a human body. That consciousness indicates what is the action of the re-creation of the cellular process... The energy then is actively working towards healing the physical cellular disruption.”* When the body is healed, the physical potentials at the site of the injury are restored to the normal level, and the difference potential is brought back into line with the blueprint information.

28.3.2 More on the self-healing process

A comment by a Zeta in another context prompted a revision to our understanding of the self-healing process. The Zetas were asked if intense radiation emitted by man-made nuclear explosions would affect higher realms. They replied, *“They are contained within their own spheres of influence ... As an intermediary process, the etheric body would be unchanged, but from a physical process the body would be reactive to the energy of the device.”* How could a physical body of matter be destroyed by the intense radiation while the etheric body remained unaffected? A solution to the puzzle is discussed in this section.

As we saw earlier, the blueprint of a human body is encoded in its local consciousness and is heterodyned with a particular constant level of vibration on an etheric dimension known as *“The Physical Type of Vibration”* (Figure 14.1). The dimension specifies a consciousness potential that is a being’s level of physicality. This ‘physical potential’ also signals a being’s state of health. When the body is healthy, the physical potential is the same throughout the body. The constant level is continuously heterodyned with the blueprint potentials, and the heterodyning difference potentials parallel the blueprint potentials. However, when an injury or an illness occurs, the physical potential is distorted from its constant level at that location, the difference potential deviates from its

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normal constant level, and the local consciousness becomes aware that healing is required.

The Zeta commented that there would be no effect on the etheric body of exposing the physical body to extreme radiation. The etheric body would not be damaged by the destruction of the physical body. Therefore, the physical and etheric bodies are transformations of each other only in the healthy state. When there is an injury to the body, its location is demarcated by a population of etheric vortexes (Ch. 20.3.5.4).

The vortexes represent physical injuries on an etheric dimension of vibration different from the dimension holding the healthy etheric body information. The dimensions must be distinct since the etheric body was said to maintain its integrity in spite of injuries due to extreme radiation. The vortexes would disappear after healing is complete, and the physical potentials return to the constant level signifying health.

Although the etheric vortexes at the location of the injury must be on a dimension of vibration different from the dimension defining the healthy etheric body, both dimensions are perceived. Therefore, the perceptual process must be able to transform both dimensions simultaneously.

The Zeta indicated that a person's etheric body would not be affected even if the physical body were destroyed. The above analysis suggests that a preponderance of vortexes would be responsible for the apparent dissolution of the body. The integrity of the etheric body would be obscured by vortexes created by the extensive injuries. The physical body would cease to function, the etheric body would separate from the spirit consciousness, and the damage to the physical body would be visible like any other non-living matter. The latter would show the extent of the irreparable injuries suffered by the physical body.

In summary, an injury to the physical body does not disrupt the etheric body vibration, but causes the different intensities and

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frequencies of etheric vortexes to dominate at the locus of an injury. The vortexes' vibrations are distinct from the etheric body vibrations, but the perceptual process is able to transform both dimensions to sensations. Vortex vibrations are important since they permit physical injuries to the body to be experienced via the perceptual process.

28.3.3 Zeta healing with crystal technology

The Zeta beings have developed sophisticated technologies suitable for an energetic existence, including a technology *“to heal people, to place symbology into etheric body of humans, to make better.”* For this, they use symbols that represent functions to perform, analogous to the names and code of subroutines in our computer languages. One method for healing physical beings is to place appropriate symbology into their etheric bodies.

A Zeta explained, *“We use many functions for the healing process. Much of that is symbols. Symbols hold frequency. A frequency is then determined, let me explain. You have the crystal in the middle of the table. That crystal provides functioning connection. There are no other crystals like it, all crystals are individuals. What if you could take that crystal and make it into an etheric symbol, and place the symbol into the etheric body? You would have a working representation of the crystal within your own body.”*

The Zeta was asked how they would make the physical crystal into an etheric symbol. They replied, *“The crystal is emanating a set of frequencies. The crystal is used to communicate. It has a comparative frequency within the Zeta frequency. It allows for connection process. Now, if the crystal, if its function was to you to perform healing, then we would provide the frequency as a symbology, a multidimensional symbol process. The symbol would replicate the frequency of the crystal, and the symbol would then be placed into the etheric body to resonate. Because it is a frequency and the etheric body is frequency, it would then modify the frequency of the etheric body.”*

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The etheric crystal, implanted in the proper location in the etheric body, changes a frequency in the etheric body so that the physical body is perceived to heal.

The technology based on crystals is not the only way to accomplish healing. It may have been chosen for discussion because it provided a concrete example of the principle they wished to teach, that physical healing requires manipulation of etheric body vibrations.

28.4 “Experiencer” illnesses

Many humans have experienced close contact with extraterrestrial beings. Some report being abducted to another place that seemed to be an alien craft. Some have been traumatized by the experience, but many more have found the experience to be positive. These people prefer to call themselves “experiencers” rather than “abductees.” However, even though the experiences may have been positive, some experiencers have become physically ill after being in close proximity to an extraterrestrial being.

The reported symptoms are often those associated with fibromyalgia and chronic fatigue syndrome (e.g., see [Gilbert](#)). In a survey of experiencers, [Marden and Stoner](#) reported that 38% of respondents were diagnosed with chronic fatigue syndrome or reactivated mononucleosis (also known as immune dysfunction syndrome), when only 1% of the general population report the same diagnoses. Why would this be?

A Zeta explained, “When you are in our presence, our energy filters into your energy and then there are changes that are temporary. There are changes to your body and consciousness. This is because humans are taken out of this corporeal three-dimensional realm and moved closer to their true self.” They added, “When the human is connected to us, the cells are excited as we are of a different frequency, and this allows manifestation of what is an underlying unwellness in the human.”

The vibrational state of the Zeta race is different from that of the human race, and the Zeta explained that proximity to a Zeta causes

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undesirable effects on human physiology. The state of the human etheric body is temporarily distorted by the Zeta energy, causing what could be a longer lasting illness of the physical body. Accordingly, for their own safety, humans were advised to not approach closer than 30-50 meters from a craft, else the physical body would not be able to cope with the changes.

On another occasion, a Zeta revealed that *“illness is understood by the etheric body when it is completely attached to the physical body.”* Conversely, *“illness is not understood by the etheric body when it is semi-detached from the physical body.”* These comments suggest that the coupling between the body and the illness can be loosened, and that this affects the transformation of the etheric body to the physical body.

Some effects of the Zetas' presence on humans can be reversed with a Zeta's help. This was demonstrated to the medium, Paul Hamden, who sometimes became ill when he was still adapting to their presence. He understands that the unwellness came from too rapid reduction of frequency from the Zeta frequency, or abrupt disconnection of the Zeta from the human. This left him vulnerable to being in a state of unwellness. The Zetas restored him to his original state of wellness by first raising his etheric frequency to the same level that caused the illness, and then lowering it slowly until it was at the body's normal base frequency.

Specific examples of physical harm caused by proximity to a Zeta were also given. Actual physical contact may create a burn on the skin of the human. The Zeta explains, *“You cannot touch us, you would be burnt. As you moved closer, your skin would become burnt because of frequency.”* and *“Every entity has etheric template, frequency of etheric template to interact with human etheric template. Increase in frequency for the human then translates to physical changes in the cellular structure, and cellular structure representation of burnt skin.”* That is, the higher vibrational state of a Zeta's etheric form would interfere with the human etheric form and burn the skin that was touched.

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The Zeta was asked, “Are the vibrational states of some races closer to the human vibrational state and, therefore, less likely to cause burns?” They replied, *“There is obviously potentials for different beings that interact with humans. It would also suggest that the humans may be being interacted with on a level that negates that being of a mind of being conscious. It is the consciousness that causes the physical form to become burned. This is why most contact is a form where the human is asleep, because the consciousness does not operate in its normal parameters.”* They agreed that beings from various races would expose humans to different potentials or vibrational states. Humans are less likely to be harmed by physical proximity when they are asleep and therefore less aware.

Interestingly, the [Marden and Stoner](#) study found that 22% of respondents who had close contact had suffered “burns, hair loss or conjunctivitis” following the contact experience. Burn marks on the upper back and sunburn-like rashes were reported, sometimes on the entire body. Also, burns on the back and head after a contact experience were mentioned above in the Case 2 report on healing. Presumably, these burns resulted from exposure to the incompatible vibrational state of another’s etheric body.

Proximity to a Zeta may also damage the mental health of a human. A Zeta said, *“To look into the eyes of the race, you may lose your mind, your construct would disintegrate.”* When asked if the effect were caused by looking into the eyes or just being near, the Zeta replied, *“The nearness to the body, because of the frequency that encompasses the physical container. Also, the consciousness which permeates from all living organisms is a different state of existence.”* To prevent such harm from their race, the Zeta said, *“We do not allow the humans to look into our eyes. You may see an imagery of us, it is a projection.”*

Also because of nearness to a Zeta’s body, *“Your consciousness would fracture because we operate within an etheric boundary that is much larger than the human. So when we come, the human consciousness, the structure that is held by frequency, which is the*

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physical entity of your container, would dissipate.” The damage to the physical body would interfere with the function of the local consciousness that it contains.

The Zeta was asked if some extraterrestrial beings were safer for humans to be near than others. An extensive answer revealed that the potential to be affected by proximity to an extraterrestrial being varies under different conditions.

There are many races. Many would not affect in any way the physical human body, but their technology may. If it was genuine contact, on some level there would have been a preparation of the human to allow them to be within the energetic construct of the other race.

We have found that if we are in the physical form, which means to be within your physical environment, if we are to look within your gaze, psychologically you are damaged. If you come near the technology while you are in your normal state of consciousness, then you will be affected. This affected process is because the consciousness provides a mechanism for defence. The defence creates a energetic barrier around the physical body which provides a potential for the human to present the skin, or the epidermis, as being burned. This is quite a technical discussion but it shows that with the proper training of consciousness that a human can decrease the level of consciousness of the etheric body, thus not producing any of the adverse effects to the immune system, to the skin, so that there is not a phenomenon of presenting being burned. Also, more importantly, it is that the construct of the mind of the human is not damaged.

Once again, in contact situations, it is the presentation of consciousness when the human is in its own state that provides the damage. So, often the human's consciousness is altered so that there is no perception of damage, damage being a altering of the structure of the cognitive processes of the human. And also, what you would class as the matrices process, which is the combined thoughts that the human would hold that would create the consciousness of the human as a presentation, as a personality. This finally tuned

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matrices process, because it exists in a state of consciousness that is in balance, would become imbalanced, would become disharmonious. That is why, for contact situations, there must be either the human in a sleep state, or the human in a pre-prepared state.

Now many humans of other cultures are able to interact with many beings because their life has revolved around inclusive, or being included, the thought that these other beings exist. The stronger your resistance to contact situations, the more potential there is for you to be harmed.

28.5 Discussion

The relationships among consciousness, the etheric body, and the physical body were expressed in different ways over a number of interviews with the Zetas. The following summary of the healing process reiterates how consciousness restores a body to health.

The physical human body is structured according to an etheric body blueprint described as a consciousness potential. It is based on the predetermined general shape for a body of the race, modified according to the genome of the particular being. The consciousness potential defines the body's expected form and function. All errant biological processes are continuously corrected according to this blueprint information. Therefore, a healthy, uninjured physical body conforms to the consciousness potential or blueprint defining the body.

Unusual deformations of the physical body such as an injury are repaired as long as the higher self approves and the physical body's natural resistance can be overcome. An array of etheric vortices that correspond to the injury are made to resonate with the physical body by consciousness. A vortex appears to be a conduit for a quantum process that transmutes the consciousness potential or blueprint to an etheric potential. The process provides the physical body with the information needed to regain the state of wellness defined by the blueprint.

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The Zeta was asked, “How is the energy of the etheric vortexes transmuted to physical electrical energy in the cells?” They replied, *“The consciousness is the quanta information of the cellular structure of a human body.”* This implies that a quantum process transmutes the consciousness potential to the etheric body which is transformed by the perceptual process to the body of matter. Further, the consciousness is said to hold *“what is the action of the re-creation of the cellular process.”* That is, it knows what needs to be done to heal the body. A quantum process appears to make this information available to the etheric body.

According to the Zeta, there are normally multiple frequencies in the etheric body forming vortexes. These vortexes are *“in a state of change and flux.”* When an injury occurs, the vortexes associated with the injury facilitate a quantum process. The local consciousness, *“through an act of thought, changes what is the resonation of the energetic body to the physical.”* With a heterodyning process, the local consciousness passes blueprint information to the etheric body. In a similar vein, the Zeta said, *“Consciousness indicates from beneath at the lowest levels, or the highest levels, of what is the action of the re-creation of the cellular process.”*

On at least one occasion for each person, the higher self will decide that repair of the body is not to occur. Perhaps the spirit is to experience the illness as a life lesson, or perhaps the time is approaching for the body to terminate and the spirit to transition back to its higher self.

Another reason to not heal was expressed by a Zeta in a statement to a group of sitters, *“When we are in your company, we are two different societies, two different races. We understand your requests and often will seek to fulfil your requests. But we have also seen that it is a requirement for humans who seek contact with our race, to perform the function, to perform the effort that is required to connect to us. It is seen to be that it must be an easy process to contact other races, but of course it is not, as it is not an easy process for us to*

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come and speak to you. You yourselves would have seen different times and different aspects of energies that have been presented in this room where we have had the capacity to speak to you more clearly on some occasions, and on other occasions to not have the same process. We are presented with difficulty in coming and speaking to you as a group because it is dependent on the mediumistic energies that are held in the room, and also of the energies that you bring. If you wish to speak to another race, then you must also abide by that race, their frequency, their abilities, their potential. You may present yourselves at the lowest possible entry point in frequency, but for a human to accomplish this, they must fully extend themselves. And this is why when we are asked to heal others, that we seek for them to understand their own capacity to reach out to us as a race.”

This statement from the Zeta is reminiscent of why they are here; that is, to help raise the state of consciousness of the human collective mind in order to facilitate communication with extraterrestrial races (see chapter, *Why are they here?*). This should happen when enough individual humans choose to adopt a higher affective state such as unconditional love.

In the above statement, the Zeta appears to suggest that healing is a tit-for-tat exchange - they will heal and the human is to respond by working to achieve a higher state of consciousness in order to connect with the Zeta race. However, this interpretation misses the essential point that healing is a collaboration. To speak to another race, the Zeta says that one must be willing to harmonize with all aspects of that race - their frequency, abilities, and potential. So, healing is a reciprocal process that includes the desire by the human to connect with the Zeta race. Humans must fully extend themselves to connect, and understand their own ability to do so. Without that mutual involvement, any communication is difficult and healing is less likely.

Successful healing requires resonance of the Zeta and human states of consciousness. This is made possible when the human desires

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healing and harmonizes with the Zeta state of being. For a successful healing, the states of consciousness must be compatible.

29. Orbs - an etheric technology

Mysterious balls of light or orbs have been seen at different scales. They are either high in the sky alone or in groups, or close to the Earth in scenes that are photographed most often using a flash from a camera. Out of curiosity, the extraterrestrial Zetas were asked through the medium, Paul Hamden, what these orbs were and how the lights were generated. Their answers indicated that both kinds can often be physical phenomena, but some instances are related to technologies originating in the etheric realm.

29.1 Orbs in the sky

Multiple balls of light or orbs in the sky often appear to have coordinated movements. The number of orbs seen at one time ranges



Figure 29.1. Example of orbs in the sky

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from one to several hundreds, and they have appeared both in daylight against a clear blue sky and at night. Figure 29.1 shows typical examples of multiple orbs.

29.2 Orbs in local scenes

Another orb phenomenon occasionally appears in photographs of nearby scenes. For example, the photograph in Figure 29.2 shows a number of light spots scattered about the scene. Such circular spots



Figure 29.2. Illuminated orbs in a photograph

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or disks are often assumed to be projections of three-dimensional orbs. If they were not, why would they usually appear as circles in the photos? An alternative understanding is that they are caused by tiny particles in the air reflecting the light from the camera flash back to the camera (see [here](#)). But this would not explain why many of these disks have complex internal details often appearing like features of human or non-human faces. The perception of faces could be attributed to pareidolia, the illusion of familiar objects in random displays, especially since we seem to be wired from birth to recognize faces. But perception of faces in these disks is not a rare event, so an unbiased observer might soon begin to question that the disks are random displays.

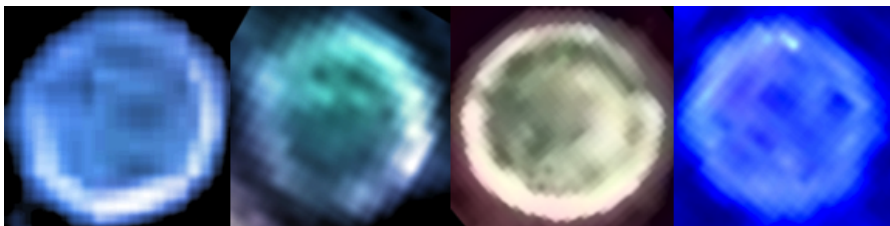


Figure 29.3. Left to right, orbs numbered 1, 2, 3, and 4 in Figure 29.2

The images in Figure 29.3 are the disks in Figure 29.2 numbered 1 to 4. They were enlarged and enhanced using equalization and small increases in brightness. The images show examples of different kinds of non-human faces peering through a circular portal.

Figure 29.4 shows the remaining three disks in Figure 29.2 processed the same way. There are suggestions of facial features, but the representations are not as complete as those in Figure 29.3. Notice in Figure 29.2 that the disks numbered 1, 2, and 3 appear to be closer to the person's body than the other disks. Could this have helped to improve image fidelity?

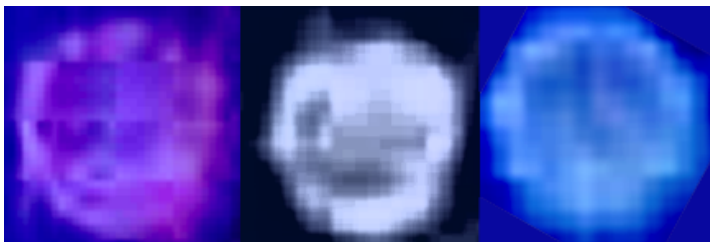


Figure 29.4. From left to right, orbs 5, 6, and 7 in Figure 29.2

29.3 Zeta knowledge of the orbs

The extraterrestrial Zeta beings were asked what they knew about the orbs in the sky and those nearer at hand. What are the two types of phenomena? How is the light produced? They were also asked if the balls of light that move across the sky have any relation to the much smaller disks photographed nearer the location of the camera? The following is the transcript of the ensuing conversation, beginning with the sightings of balls of light in the sky.

Zeta: *Often they are projections of consciousness from us to a human. Rather than have a craft or a physical encounter with a human, there is a intermediary process, which is an "intention." The intention is the act which is to be synchronized with the human, sometimes the human's perception is that an entity has stepped out of a ball of light or the craft has appeared out of light, but often the representation, the intermediary process, is to prepare the local consciousness of the human for a function which is to be performed.*

Interviewer: How is the light produced?

Zeta: *If the light is seen by many humans then it is a formation of electrons from the Earth's atmosphere. If it is seen by a singular human it can be an act of local consciousness, holographic representation... a thought.*

Interviewer: You wouldn't do that if there were more than one

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human?

Zeta: *It would depend on the purpose behind the intermediary process.*

Interviewer: Where do the craft come from?

Zeta: *They are as varied as the races. Not all beings and races use the same process.*

Interviewer: Which races create and use these balls of light?

Zeta: *Of course, our race uses this process.*

Interviewer: Do you know of any others?

Zeta: *There are not human names to name the race.*

Interviewer: Are there many?

Zeta: *Most races, yes..it is a safe process to create this.*

Interviewer: What is the purpose?

Zeta: *Interaction, performance of a function... to connect to a consciousness.*

Interviewer: Contact with your own?

Zeta: *There may be, not that we would interfere with a local time line. There may be an action which is to be performed, so there must be a thought instigated to make this happen.*

Interviewer: Do the balls of light which go across the sky have a relation to orbs photographed inside?

Zeta: *There are many lights, there are many instances of lights, there are many types of light processes, some being the intermediary process as discussed, others being the craft themselves emitting light, others being the electrical interference in the atmospheric conditions. There are many types of phenomena. Even the spirit people are able to create a non-threatening process.*

Interviewer: Humans readily accept this. Some of the smaller orbs

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seem to have faces in them, do these represent beings?

Zeta: *Often yes, they are also a intermediary process, a projection of an entity that is wishing to communicate.*

Interviewer: Are these orbs portals, used by a being to observe us?

Zeta: *That is what I have said.*

Interviewer: How are the orbs placed there?

Zeta: *Simple function, you have your model air craft - they have remote controls. It is the same process. They are technologies.*

The Zeta explained that they might place an orb high in the sky to be seen by a person, "*to prepare the local consciousness of the human for a function which is to be performed.*" The sighting synchronizes a human to have further interactions with the Zetas. The function might be as innocuous as instigation of a thought in the person's mind so that an action will be triggered. The orb would be telepathically projected into a single person's consciousness, but if several people are to see it, it will be physically present in the sky either as a craft emitting light, or as a formation of electrons from the Earth's atmosphere - a plasma.

The disks photographed nearer the photographer, especially when a flash was used, are an entirely different phenomenon from the orbs seen in the sky. According to the Zeta, these disks are not all images of particles in the air, such as dust or water droplets. Some are remote controlled devices that act as portals through which the physical environment can be observed from another realm. They can have complex internal structures that are representations of spirit beings who wish to communicate. We can often interpret the structures as images of faces.

29.5 Discussion

The Zeta's answers to our questions revealed that the two kinds of light phenomena, although very different, originate in another realm.

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The orbs in the sky are sometimes intended as a means of contact between a Zeta and a human. The orbs could be craft that materialized from the etheric realm, or plasma balls created in the atmosphere by such craft. In some cases, an orb is sent telepathically to a single human for the same purpose, and appears physically real to that person. The person's perception seems to synchronize a telepathic communications channel so that further subtle interactions can follow.

Some photographed orbs or disks of light seen nearer to the photographer are devices that also originated in a non-physical realm. These devices are controlled remotely by non-physical entities who wish to communicate as well. The Zeta said, *"Even the spirit people are able to create a non-threatening process"*, suggesting that the attempts to communicate with these disks come from the spirit realm.

However, the Zeta emphasized that *"There are many lights, there are many instances of lights, there are many types of light processes, some being the intermediary process as discussed, others being the craft themselves emitting light, others being the electrical interference in the atmospheric conditions. There are many types of phenomena."* That is, not all lights in the sky are communications from beings in another realm, and some disks of light in photographs are reflections from particles in the air.

The appearance of faces in the internal structures of the disks are likely symbolic attempts at communication and not mere accidental reflections from dust particles. Figure 29.3 shows a number of examples of *"a projection of an entity that is wishing to communicate."* Although recognition of patterns in the internal structure of a disk is subjective, there should be general agreement that these are representations of faces. The Zeta suggests that their origin is the spirit realm.

The faces pictured above are non-human. Are they the actual faces of spirit entities who exist in the spirit realm? In *"The spirit realm as information fields"*, the Zeta mentioned that spirits returning to the

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spirit realm may represent themselves visually however they wish, simply by intending to do so. So spirit people have the option to look like any human or non-human entity. On the other hand, since the face in a disk is a projection, it may be an avatar chosen for the device by the spirit operator.

Given that the disks are a manifestation of an etheric technology, can we say anything about how the technology works? In this regard, Ledwith (Ledwith and Heinemann, 2007) discussed some interesting ideas from a human science perspective based on extensive observations of orbs.

Ledwith took the theoretical position that orbs exist in an extension of our physical reality. He proposed that different levels of this reality exists in widely separated octaves of the electromagnetic spectrum. Our reality is invisible to beings in a higher octave until they develop a technology capable of seeing our part of the spectrum. He believes that orbs are such a technology.

The Zetas offered a different perspective. Spirit beings operating the disks or orbs exist in the spirit realm which is a dimension of the multidimensional vibration in consciousness. The beings have a technology that enables them to interact with our lower-vibration realm. Humans can see an orb, so its holographic-like representation must exist at a vibrational level which humans can see. The technology must be able to transpose the image it records to the level of vibration of the spirits' perceptual process.

30. Realms and vibrations

In physical mediumship séances, sitters often interact with entities who present themselves as spirits of people who lived on Earth at one time. Spirits of loved ones may also appear informally to individuals, particularly during emotionally charged times. The spirits say they exist in a spirit realm. The Zetas have helped us understand this state of existence.

The spirit realm is a part of what the Zetas call “source consciousness” or “total consciousness.” It may be understood at two different levels of analysis. One level is from the point of view of a “consciousness space” where information is represented using the analogy of a waveform. The other level is how this information is perceived and reconfigured by spirit beings who are themselves facets of the total consciousness. This chapter discusses what we have learned from the Zetas about realms.

Processes in the spirit realm enable spirits to incarnate to a physical existence, but the Zetas have no need of that. A Zeta explained, “*We do not have the same process as the spirit realm because the collective consciousness of the race and the physical existence of being part of the race, are one.*” They learn by the time they are adults to control the relationship between the physical state of consciousness and the state of being in separation from the physical

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body. When a Zeta's physical body wears out, another one is grown and the consciousness is transferred to the new body. However, there are similarities between the Zeta and human states of consciousness, and some information they have given us about themselves is useful for understanding the spirit realm.

30.1 The nature of realms

The spirit realm is an instance of a more general phenomenon that exists in the energy of consciousness. A Zeta said, *“There are realms within realms, dimensions within dimensions, and inter-dimensions within dimensions, all is inside everything else. Each dimension is vibrating at a different level, then you can understand that everything is one and everything of the whole.”*

Like all creations, realms are illusory constructs in consciousness space. The Zeta said, *“These ‘realms’ that you describe are one of illusion, let this be stated at the outset. There are no defined boundaries between all of those states, as if some doorway existed between realms or dimensions. These energetic realms are actually divided only by the actual waveform's ability to move into and out of the energetic area.”*

According to the Zetas, a realm is defined in terms of vibration or state of consciousness. This suggests that it is someone's creation and that it may be experienced only by beings having the same state of consciousness as the creator being, or higher. These beings would be able to resonate with the realm's state of consciousness, while beings with lower states of consciousness would not even perceive the realm's existence. An Anunnaki being, also speaking through the medium, claimed that they had created our spirit realm.

The Zeta was asked if the border of the astral realm was defined by its frequency, and how it differed from the spirit realm frequency. They replied beginning with an analogy, *“You are surrounded by radio waves but you cannot see any of them, but each one of them holds its own channel. Generally, the frequencies are in separation because of the type of wave that they are, so something can exist*

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inside in other things but be in separation.” This means that the frequencies that define realms interact linearly like radio waves do, so the different frequencies propagate independently and do not distort each other.

When asked if the frequency of the inside of the spirit realm differed from the frequency of the border, they replied, *“Of course, because inside the spirit realm entity is consciousness creating its own construct.”*

The Zeta was asked if there could be another realm having exactly the same frequencies as the spirit realm, and they agreed that there could be.

Zeta: *Yes, because the spirit realm is local to its physical container so the transitory positions between the physical planet and the spirit realm is a local relationship.*

Interviewer: But if two realms had the exact same frequency or vibration, would they not be the same thing?

Zeta: *No, because there may be a planet in this universe that has a frequency and a planet in another part of the universe that has much distance that also has frequency of the same nature.*

Interviewer: And they would remain apart?

Zeta: *Yes.*

Zeta: *As the spirit realm container is much aligned in the energetic realms, many other spirit realms, many interacting with each other, many entities come from other races to populate the spirit entity that is associated with the planet. This is called a soul process, and answers how a population can continually increase on a planet realm.*

The illusion of reality, including our familiar three spatial dimensions, is created in the one unitary waveform of consciousness space. So spirit realms with the same frequencies are unique if associated with different contexts. For example, they may be associated in the illusion with different physical planets located at

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separate locations in the universe.

There are many distinct spirit realms “*much aligned in the energetic realms.*” The alignment is of vibrational states, so there is the possibility for entities to move from one realm to another. The Zeta revealed that beings from the spirit realms of other races come to our planet’s spirit realm, and this provides for the continual increase in the population of Earth.

30.2 The function of the spirit realm

According to a communicator from the Anunnaki race, also speaking through the medium, our spirit realm was created long ago by his race to support the development of the human race. They recognized that spirits needed a safe place from which to be reborn into a physical existence in order to develop. In the words of the Anunnaki, “*The spirit realms were created to contain the consciousness of a human entity. It was seen that when humans were first created that they required a transitional holding ground. After they had transitioned to this energetic container, they could then choose to move back to a physical form if they wished.*”

A Zeta explained, “*In the spirit realms, all are seeking to move past their current vibrational state ... each is then able to determine what step is to be taken next in their development path.*” The spirit assesses its current vibrational state and chooses the best way forward. The Zeta added, “*When a spirit entity decides to incarnate into a physical form, it may be based on the personal experience that the entity wishes to receive.*”

A representative of the extraterrestrial Pleiadian race, who came to speak through the medium as well, gave a similar explanation. They explained that a spirit assesses its true vibrational state after it returns to the spirit realm, and then chooses what to do next based on that assessment. They said, “*The only time a resonating form would have a true understanding of its nature is when it is in the original energy state. Then it can place 'intent' into a life form's path. It may place the symbols required for realignment with the energetic grid*

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into a person's symbol matrix." Appropriate symbols are placed in the spirit's energy field as guidance for the intended path in the next lifetime.

The Pleiadian explained that reincarnation *"is like reading a map. You are on a journey. At each juncture, changes occur, and your existence is one of moving forward."* Continuing with the analogy, the spirit reorients itself at each stop sign on the journey. It then decides which direction to turn for the next life and what supplies are needed to get there.

30.3 Information fields in the spirit realm

A Zeta used the analogy of an informational field to discuss the nature of spirit realm. A more detailed discussion is in the chapters, *The spirit realm as information fields* and *Informal and formal fields*. They said, *"These constructs that we give you are ways for the human mind to understand what exists in consciousness."* The spirit realm container is described as a multidimensional creation, an entity of consciousness that is separate from its contents. At this level of analysis, the contents are said to be interconnected threads of information. *"There are threads of consciousness, and the threads of consciousness are individuals who have existed in the physical form. The threads are informational fields which combine to create the whole soul process."*

The threads may perceive themselves as human, but may also choose to not do so. After an experience as a human in physical spatial dimensions, a spirit being has a strong belief that spatial dimensions exist. The thread of a spirit recently transitioned to the spirit realm often sees itself as a human living in the spatial dimensions of its recent physical existence on Earth. The thread's expectations create and activate the illusion of its own appearance, living in an illusion of three-dimensional space in the spirit realm.

A spirit to be born in a human body is one of many facets of an information thread in spirit realm known as the spirit's higher self. A higher-self thread at the lowest level of the spirit realm hierarchy,

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combines with other like threads to form an informational field known as the oversoul. Similarly, multiple oversouls are integrated into an even higher level oversoul. The Zeta explained, *“The higher self is the thread, the oversoul is the collective consciousness of the multiple lives of entities. They are also singular in nature and existing infinitely as oversouls.”* Yet the sense of individuality is not lost at higher levels of the hierarchy. They said, *“Your individuality as a thread will always exist as long as you choose for it to.”*

The Zeta explained further, *“Remember for the consciousness living within the spirit realm container, the perception is that they are not threads. The perception is that they are entities living within structure. ... The informational field has the ability to create any construct, any belief system, any existence that a human soul requires.”*

Although a number of higher-self threads form an oversoul group consciousness, each remains an identifiable entity for as long as it chooses. In fact, each higher-self thread believes itself to be the individual form that it created according to its belief structure upon the spirit's return to the spirit realm. It is not aware that it is a thread entwined with others in a higher-level structure.

30.4 Frequencies of races

When the Zetas were queried about what they meant by resonation, the answers were usually rather vague. They do not use rational numbers and a rigid time scale, so the idea of spectral components at certain frequencies that create harmonicity is foreign to them. Rather, they feel vibrational energies in the now, and this is sufficient to recognize consonance and dissonance among states of consciousness.

The Zetas have used frequency as an analogy for state of consciousness in an attempt to show how states of consciousness can vary in and between races.

Zeta: *The base frequency for Zeta is 10 cycles at a level where an entity is not requiring a separated level of consciousness. But there*

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are other levels of frequency, 16 would be where a being would be in separation from self for a short time, 32 cycles is required to be in a permanent cycle of separation. We have seen that humans are between 7 and 8 cycles, some lower, some higher, depending on the frequency a human holds.

When the Zeta was asked what was meant by a base frequency, they replied, *“That analogy is in relation to the level of resonation that a being would hold energetically.”* The frequencies are said to be analogies, but the language used suggests that states of consciousness in the Zeta collective are like tones selected from the spectrum of a complex sound. The *“base frequency”* is the lowest state of consciousness or fundamental, while *“other levels of frequency”* are higher states of consciousness or harmonics. Each is the vibrational level of Zetas in a particular state of consciousness.

The frequencies that were given are analogies for states of consciousness, so they should at least represent estimates. For the sake of discussion, let us use those estimates as physical frequencies. Let 10 Hz be the frequency for a Zeta in physical form, 16 Hz for a Zeta who spends some time in separation, and 32 Hz for a Zeta who is permanently in separation.

Like the Zeta collective, the human race has a physical frequency. The Zeta gave the human base frequency as 7-8 Hz, so we will say 7.5 Hz. Humans also exist at higher frequencies as confirmed by a Zeta in the following comment.

Zeta: *You as human beings are living on a planet within your physical existence. However, you can easily transcend past the physical barriers. Each time you contact the spirit realms to pass information from a deceased person to a loved one, you do this. Another form of moving past a barrier is astral travelling or out-of-body experiences. These phenomena allow you as a being to move to different frequencies.*

Further, when asked if the spirit realm has a wide range of vibrational states, the Zeta replied, *“They exist in many different*

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states of consciousness.”

So, analogous to the Zeta collective, humans have a temporary separation from the physical body in the astral realm and a more permanent separation in a spirit realm. The Zeta also said, *“An astral body experience could be the same as how we are, attached to the physical body while in the energy realms.”*

According to the Zeta, *“The spirit realm container and the astral collective consciousness seem to be in separation but are actually as one process.”* They added, *“Do not think the astral realm is there and the spirit realm is there, it is one component but it is in separation. The properties of each array of frequencies are consistent with this view that the states of a realm are separate but part of the same process.”*

To examine further the relationship between the physical and spirit realms, the Zeta was asked if the vibrational state associated with the physical planet resonates with the spirit realm's vibrational states. They replied, *“There is a perception in the question that the matter is in separation from consciousness. But understanding that all things exist due to their relationship with each other, means that all things are in a synchronous relationship. Some may seem different, but it is only the state they present that indicates difference.”* That is, perceived differences are not to be taken literally. *“All things are in a synchronous relationship,”* means that nothing exists in isolation and everything has a context. Things that appear to be separate are actually oscillating together as part of the one universal waveform in consciousness space. So the suggestion that the physical and the spirit realms are discrete entities is an artifact of perception.

Realm frequencies are approximations for states of consciousness on an ordinal scale, and the numerical values imply that sharp distinctions exist between states of consciousness. A Zeta was asked if physical frequencies are found in the spirit realm. The following reply again makes clear that the assumption of sharp distinctions is incorrect.

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***Zeta:** Delineating a process that defines what is physical and non-physical - once again, the analogy of the ocean. There is water in the bottom of the ocean, there is water at the top of the ocean, and there is water all of the way in between. What defines the water from the body, what defines what is water at the top and water down below. Why is not the water all of the same level. The point is that there are no clear delineating features between the ocean, they are one body, but water exists all the way through from the bottom to the top, but it is not the same water. It is a body.*

In the following comment, the Zeta cautioned further that sharp distinctions in general are artificial and do not reflect what actually exists.

***Zeta:** What determines generally the difference between the frequencies is the type of frequency. So for a spirit person to be in the physical form requires a binding of the life force of the consciousness into the physical framework, into the etheric body.*

The “life force of consciousness” is bound to the physical or etheric body when the higher frequency of the spirit realm is mixed with the lower physical frequency. In terms of any estimates of frequency, the spirit realm frequency would influence the 7.5 Hz physical frequency in the etheric body. It is not one or the other, but both frequencies that are present as suggested by the ocean water analogy.

30.5 Zeta avoidance of spirit realm

The following list of comments show that the Zetas have said time and again that they are not to enter the spirit realm. The reason has to do with the differences in the vibration of the races. If a Zeta being and the spirit realm frequencies were to come together, the ensuing interaction would modify the spirit realm.

A reason for such interference is not spatial contiguity, but connections among similar vibrations. An example of the importance of connections was given by a Zeta who agreed that more than one spirit realm could have the same vibrational state. Confusion between realms would be avoided because each is associated with a

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different planet. The different contexts allow easy discrimination of realms.

Another reason is the dominance of higher vibration over lower-vibration energies. A higher-vibration entity more easily absorbs the energy of a lower-vibration entity. As a result, the higher-vibration Zeta being would interfere with the functionality of the lower-vibration spirit realm.

The Zeta explained many times that entry to the spirit realm is forbidden by extraterrestrial races. It would be an extreme violation of human freewill.

Zeta: *The laws that created the spirit realm function negate any race from moving into the spirit realm consciousness, because the underlying factor would be that, if an extraterrestrial was to move consciousness in full form entity as physical body into the spirit realm, it would change the frequency and negate the ability of the humans to traverse between the realms, and so spirit realm would become unusable.*

Zeta: *We are not to enter into the spirit realm, because that is to then redefine the parameters of the spirit realm container.*

Zeta: *All consciousness comes from what is and always will be, but to believe that a race will exist in spirit realm is not possible.*

Zeta: *We are not to enter into the spirit realm. The container process which is a transitional entity for the human race is not to be changed, so no race may enter and show full form within the spirit realm. It would create too much of a change in consciousness.*

Zeta: *There are laws which forbid a consciousness to enter into other... it is forbidden to become observed, it is forbidden to change, to bring about change unless you are part of the physical system, the human physical system, else the collective consciousness of the human race could be bypassed and the races just enter into the spirit realm. Therefore when the spirit people incarnate into the human form, they would have full knowledge of the races that exist. But where is your freewill? It would have been taken from you.*

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Zeta: *If a being is to enter into a environment, and the environment specifically is created for the consciousness, and the consciousness holds an understanding of itself as a human form, then of course any other consciousness from another race which moves into that space would have the perception by the original consciousness of being different.*

The Zetas indicated that the frequency of the physical form is intrinsic to the consciousness of a race and the differences in form are what normally keep the races apart. They said, *“it is forbidden to become observed”* in spirit realm; that is, to appear as a full form Zeta entity. The full form would presumably include the physical frequency of the etheric state, and this frequency would disrupt the spirit realm.

On the other hand, they explained that an interdimensional being, one without physical form, is able to enter the spirit realm without causing a disturbance. In their words, *“Since the interdimensional consciousness has not existed in a physical form, it brings with it no potential to be understood as a physical form.”* Interdimensional beings do not disrupt spirit realm processes *“because they do not contain the frequencies that relate to being of matter.”* Difficulties arise only when a being with a different physical state of consciousness enters the spirit realm.

The Zeta said that there are “laws” that forbid them to enter the spirit realm. Are these laws a consequence of the natural laws of consciousness space? These govern how things change when one state of consciousness interacts with another. Such change would be unavoidable, since *“if two entities are to come together, two different frequencies, then the frequencies of the two entities must change so they can be conjoined and resonate together.”*

A Zeta was asked directly if its vibrational state would cause the spirit realm vibrational states to change so they would resonate with the Zeta frequency. They explained, *“I will say that it is a possibility that it would change the spirit realm. It would again influence all that in the realm of consciousness would have some effect on them.*

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There would be an increase in the level of consciousness because the spirit realm would then have the ability to understand a race of beings that exist outside of the humankind. But this will never happen.” That it will never happen suggests it is forbidden by a law of nature - perhaps analogous to the law of electric or magnetic repulsion.

If a Zeta were to “*come together*” with the spirit realm, then the spirit realm frequencies would change naturally under the influence of the Zeta frequencies. The Zeta frequencies “*would again influence all that in the realm of consciousness would have some effect on them.*” That is, some entities would remain unaffected, perhaps visiting interdimensional beings that have no physical state.

The spirit realm frequencies would move to resonate with the Zeta frequencies, changing the spirit realm so it would “*have the ability to understand a race of beings that exist outside of the humankind.*” This would be seen by the Zeta collective as a serious infringement of human freewill. The mere presence of a being from a higher-frequency race would “*redefine the parameters of the spirit realm container.*” The ramifications of this automatic process of change would “*negate any race from moving into the spirit realm consciousness.*”

It appears to be a natural process that would cause the spirit realm energy to change in the presence of a Zeta being, so what would “*forbid a consciousness to enter into*” the spirit realm? Why would the Zeta being not enter? The answer appears to be that the love it has for other races, or equivalently, the large difference in the state of vibration, creates a form of repulsion between the races. It is interpreted as interfering with human freewill by causing the spirit realm frequencies to change. A Zeta said, “*Your freewill is of utmost importance to us.*”

This need to not interfere with the freewill of races is called a “law” of the collective. The Zeta insists that it is not by choice that they do not enter the spirit realm, but that “*the law states, the laws of the race.*” The prohibition appears to have become a core belief

structure of the race, always respected and requiring no enforcement.

31. Conflict resolution in spirit realm

A previous chapter, *The spirit realm as information fields*, discussed a Zeta's low-level description of the spirit realm. Entities there were described using the analogy of a hierarchical structure of information threads. A spirit being at the lowest level of the hierarchy lives a physical incarnation to accumulate experiences and then returns to the spirit realm information field. According to the Zeta, "*The informational field has the ability to create any construct, any belief system, any existence that a human soul requires.*" So on its return, the spirit being perceives a familiar environment consistent with its own expectations.

The spirit realm information field is experienced when expected information is decoded by a being's perceptual process. The Zeta said, "*If you wish, you can perceive yourself to be of a human construct. But also if you do not wish to live in that construct, then you do not.*" Since the environment that is perceived is based on expectations, we might wonder if spirits deal with conflict as they did in the physical form.

In the physical lifetime on Earth, they sometimes encountered situations where their desires conflicted with those of others. They

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might have found ways to compromise to get some of what they wanted, they may have fought to get everything they wanted, or they may have agreed to part company and each go their own way. Does a similar kind of conflict resolution also occur in the spirit realm? Do spirits incarnate so they can experience the opportunities for growth that conflict offers? These concerns prompted the following series of questions for the Zeta.

Interviewer: I sometimes wonder about the purpose of our physical existence here. It occurred to me that the creative process is not the same here as it is in the energetic realm, and I think that freewill is more easily obstructed in our physical existence than elsewhere. Is that the reason why people incarnate in physical form, so they can interfere with each other's desires?

Zeta: *Amusing question, to interfere you say, why?*

Interviewer: Well, we often do that, one person wants to do one thing, and another person thinks we should be doing something else, and we can't just wave a wand and each have our own way.

Zeta: *Much simpler for you, yes. For the spirit people that come into the human form, they desire experience. To leave the energetic realm and to move to physical is much excitement for them, to go on a journey.*

Interviewer: Is the excitement because they have to deal with other people's wishes and desires in conflict with theirs?

Zeta: *There is a dynamic environment within the physical, yes, and of course the spirit people do not have the potential to experience the physical within the spirit realm.*

Interviewer: In the energetic realm where the creative process seems more straightforward, how are conflicts resolved between two beings at the same level of consciousness? If one wishes to have an environment one way and the other wishes to have the environment a different way.

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Zeta: *Then they split off and both environments exist.*

Interviewer: So then those two beings will not be associated with each other any longer?

Zeta: *If it is a spirit realm entity, yes. Then what is to take place is the imagery of the two beings integrated into each other's reality.*

Interviewer: So multiple versions of each ...

Zeta: *Correct.*

A similar conversation at another time by another interviewer expanded on how conflict is resolved in the spirit realm.

Interviewer: Are all the conflicts we have here also in the spirit world?

Zeta: *No, what if all of the entities in this room except you are a figment of the consciousness?*

Interviewer: Ok, so the belief structures might carry on, but because there is no physical form, there's a different existence?

Zeta: *Yes. it is a different existence. You would be isolated from those spirit realm friends if you wished to harm them. But you would not know that you were in separation from them because you would have created your own reality.*

Interviewer: So all of the others that believe the same would be in the same space anyway?

Zeta: *No, they would be in their own space. They have no physical form, and they are of consciousness. They live their own story.*

Interviewer: And so the people they bring into their story...

Zeta: *Do not exist, are like the human mind, creates injury but the story isn't heard, your imagination. So the real spirit people who mean no harm are allowed, through a frequency of love, to connect to each other.*

Interviewer: Ok.

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Zeta: *And you would not be allowed to harm consciousness as consciousness are not real. Also, from what we have seen and learnt about the spirit realm, the core frequency would negate, diminish, not allow the entity's consciousness to become part of the core belief structure.*

The Zeta did not explicitly agree that the opportunity for conflict resolution motivated spirits to incarnate. They did say, however, that spirits do not have the possibility to experience physical existence within the spirit realm, and that is why they are often excited to have the opportunity to incarnate. Presumably, conflict is one of the experiences they expect to have.

Conflict can occur in the spirit realm but, interestingly, it would not be noticed. When two spirits have an irreconcilable disagreement with each other, their environments split so that each goes their own way in separate realities. This would not be noticed since a simulacrum of the other is created by each spirit's creative process.

Every spirit lives their own story as they would like it to be. They may harm others, but these others are simulacra, and the harm occurs only in the spirit's imagination. The consciousness of a simulacrum is not real, so it cannot be harmed in a dispute. It also would not become part of the “*core belief structure*” held by the conscious entity that is spirit realm.

Real spirit people who mean no one any harm are able to connect with each other through a vibrational state of love.

32. The special energy of the soul

This chapter addresses a seeming contradiction in the words of the Zetas with respect to the uniqueness of the nature of the soul. Proper resolution of this issue is important, since the information they bring must be consistent to be of value. As we will see, the contradiction is resolved when we understand that the Zeta insisted on limiting the context of one of the discussions.

The following statement represents the view expressed in various ways that all that exists is a form of consciousness.

***Zeta:** All life, all forms of existence have consciousness. All are a form of energy which exists and transmutes to each new state after its transition. All energies, when moving to form will choose what form they take, whether it be animal or mineral, there is full consciousness of the form they have taken, and the ramifications of that existence.*

Taken by itself, it says that the form of consciousness that is the soul is no different from anything else. However, the following two quotes say that the soul is in a class different from all other energies

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of consciousness.

Zeta: *The nature of the soul in its own understanding, its own container, understands that by its own nature it belongs to a class of energies. This class of energies remains as a whole form, one entity, broken into many forms, many existences.*

Zeta: *The soul belongs to a class of energies which distinguishes it from all other conscious entities in the universe. It is self-aware and understands its distinctiveness. The soul is multifaceted and incarnates in many states of being in many realms while still remaining one entity.*

Here the Zeta says that the soul belongs to a special class of energies different from all other classes. Further, it understands that it belongs to this class. That is, it is self-aware and understands that it is different. Self-awareness seems to be what makes it a unique form of consciousness.

In contrast, the following interview fragment questions the uniqueness of the soul compared to all other conscious entities. This conversation was part of a discussion concerning the separation of things made of matter.

Interviewer: We as beings have a consciousness that belongs to a special class of consciousness that is self-aware, that is what we have been told...

Zeta: *All matter has consciousness. Your table as you say cannot speak. Why is that? Does it have a mouth?* [Interviewer: no] *Does it have the organs to support a connection process?* [Interviewer: it does not] *So how would it communicate with you?*

Interviewer: I would conjoin with it?

Zeta: *Yes, and so now, you believe that there are different levels of consciousness, but if you were, for example a stone, a crystal stone, are you able to communicate with this entity? You see, human beings believe that if you cannot speak or somehow indicate your intentions, then your level of consciousness is in some way different*

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to them.

Interviewer: To my mind, what distinguishes us from inanimate objects is the nature of the consciousness that they contain.

Zeta: *No, I will say to you that these supposedly inanimate objects are conscious things, and that the difference is in the level that you communicate with them, as you are only a construct of matter as they are a construct of matter.*

Interviewer: Yes, at the level of matter, but at the level of consciousness there is supposedly a difference. We have been told that there is a special class of consciousness from which souls were derived, and this consciousness has self-awareness. It knows that it exists.

Zeta: *There is self-awareness, yes, but I think this is a little bit complicated, and we are using a very simple work. Your table is aware because it is made of matter, and matter at its basic level is consciousness. It can not communicate because it does not have the required physical components. I cannot in some way speak to the table, although I can sense the table as you can sense frequency from a stone. If I was to hold a stone in my hand, or a table or a chair or any other item, I would receive information from the energy of the item.*

The Zeta insisted that an object like a table consists of the same energy of consciousness as living beings. They asserted that we humans see the table as having a different class of consciousness only because it does not have the physical structures that would enable it to communicate with us.

But then the Zeta said, “*There is self-awareness, yes, but I think this is a little bit complicated.*” This suggests that they intentionally did not include the concept of self-awareness in the discussion, ignoring an attempt by the interviewer to include it. They were speaking only of awareness in this conversation, not self-awareness.

Like all other entities, the consciousness that is the table can communicate with another entity by sending energy, even if it does

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not have the structures we have for communication. The table's ability to know that it is communicating, that it is self-aware, was not considered relevant to the conversation. The topic of discussion was only about the separation of things in consciousness.

This interpretation resolves the apparent contradiction in the Zeta's comments about consciousness and the unique nature of the soul. Although all things are consciousness with the potential to interact energetically with other aspects of consciousness, not all have the ability to be self-aware. The soul is self-aware, and in that sense, it is a unique configuration of the energy of consciousness.

33. Interaction with low-vibration entities

Summary. *When given the opportunity, low-vibration spirits and parasitic astral entities encourage humans to generate low-vibration energy to be used by the energetic entities. But, according to interviews with Zeta extraterrestrials, unwanted approaches by such entities may always be deflected with love. Further, it is argued that a falsehood communicated telepathically is easily understood to be false. However, when a fact is transformed to physical speech symbols via a medium, its falsity is not as easily detected. Therefore, depending on its state of love, a spirit's words uttered by a medium in trance should not be accepted uncritically as true.*

The supernatural is commonly associated with spirit beings such as angels and demons. In various traditions, such as the Judaic and Islamic religions, benevolent angels are held to be messengers from God that may appear in visions. Angels are also occasionally credited with protecting individual humans from harm during hazardous situations. But religious beliefs and cross-cultural folklore and mythology also espouse the existence of disagreeable or malevolent spirits. For example, human psychological abnormalities such as multiple personality disorders may be blamed on demon

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possession. The idea of possession by evil spirits is reinforced in some cases by poltergeist phenomena, the display of physical effects with no apparent cause.

Belief in evil spirits can intrude on our search for knowledge in the spirit realm. For example, in mediumship séances where mediums “bring through” messages from spirits of deceased loved ones, there is often concern that negative entities may come uninvited to create havoc. A medium usually develops a working relationship with a spirit control who manages the séance from the “other side”, and this helps to alleviate this concern. The human circle leader opening the séance process will often say a prayer to God or loving spirits to ask for protection from harmful entities.

Prayers for protection may be beneficial, but the effect of such rituals should be considered in context. In our physical realm, we have natural laws such as the law of gravity that govern cause and effect. In the energetic realms, the environment can be manipulated by the intention of a being’s consciousness. Any protective effect of a prayer ritual must operate in the context of the natural laws that exist in energetic realms.

A related issue is the likelihood of deception in the energetic realms. Can an argument be made that a spirit may communicate falsehoods in some situations?

Issues such as these are addressed from a theoretical perspective based on a cosmology that underlies causality in the energetic realms (Treurniet, 2019). The cosmology was described by extraterrestrial Zeta beings speaking through the medium, Paul Hamden. It teaches us about the nature of the energetic environment, and so helps us discover how best to interact with entities that exist within it.

33.1 The nature of consciousness space

According to the Zeta cosmology, all existence is a multidimensional entity we may call “consciousness space.” The relative amount of love controls all that exists. Every living being is a facet of consciousness space at some level, and so has the ability to love to a

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greater or lesser extent. The level of consciousness or love can be felt with practice, and is sometimes described as a sensation of vibration.

Beings can experience creations that exist at their own “*highest possible vibration*” or lower. To interact with more loving entities than themselves, they must somehow raise that highest possible state.

The Zetas use the waveform as an analogy for how a thing is represented in the energetic environment. All things are represented by a single vibrating waveform containing all the energy of consciousness space. In this energetic space, beings create experiences by invoking a process analogous to the making of a physical hologram. The creation is a shareable form of a thought of the creator. The result is encoded as an interference pattern in a grid substrate of consciousness. A ‘virtual image’ of the pattern is reconstructed by the perceptual process of any being capable of operating at the same state of consciousness as the creator or higher. The reconstruction of the original thought consists of sensations which may be recognized as objects of matter. A being whose highest possible state is lower than the state that created the pattern would not be able to perceive the thought that was represented by the creator being. The process of creation is discussed in more detail in the chapter, *Creation and perception*.

A being’s intention initiates the creation process. Other processes driven by intention are suggested in the section headed, *Instruments to control etheric energy*. The heterodyning process would change a being’s state of vibration to maintain health and permit communication across vibrational levels. The cymatic process would be analogous to running human computer code and might be used in the creation and dissolution of portals and in searching the memories of entities. The power of intention appears to have a non-linear effect suitable for modifying waveforms in an otherwise linear system.

All creations, including thoughts to be communicated, are encoded in the grid and so each exists at a particular vibrational level. A Zeta

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once said, *“All conscious thought is placed into the grid, and it is used by many ET races as a medium for telepathic communication.”* Like all things encoded in the grid, a telepathic message would be received only by beings able to operate at the level of consciousness of the sender. This is one reason why extraterrestrial races are helping to raise the state of the human collective consciousness. A Zeta said, *“Your collective mind, in its undulating state, is being prepared for the transition to a telepathic process.”* and *“Then, of course, the other races which view you on your daily basis, will actively interact with the collective mind of the human race.”* As discussed in the chapter *“Creation and perception,”* humans would now have difficulty creating a telepathic response. They lack the extra personal bandwidth required to encode a message in the grid.

A Zeta was asked specifically how human memories were represented, and they replied, *“In flow, somewhat like an energetic stream bound intrinsically to the consciousness of an entity.”* They agreed that the memories are part of an energy construct in the astral process where the human collective mind is developing. Further, *“The form of consciousness (i.e., the memory representation) is reliant on the level of frequency of the consciousness to the astral realms as it has been called. It is denser in the lower forms and less dense in energetic existence in the higher forms.”* That is, the vibrational states in the astral realm range from “dense” to “less dense”, and memories are encoded there according to the level of consciousness of the owner/creator.

33.2 Interactions in energetic realms

A prayer for protection by the leader of a séance is typically an appeal to friendly, loving spirits to keep away less loving spirits who might cause mental or physical distress. The latter spirits are in a lower state of love that the circle leader wishes to avoid. Can the request for protection be satisfied without resorting to an aggressive defence that would be incompatible with the desired state of love?

We have seen that a given entity exists at a particular state of

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consciousness, and the range of possible experiences are limited by that level of consciousness. So, an entity should not be able to interact uninvited with the sitters so long as the sitters are in a higher state of love than the entity. On the other hand, it would be able to interact with a sitter who has a relatively low state of consciousness. A sitter might be in such a state, for example, if he or she were in fear of the spirit world and what might occur during the séance. The sitter's state of fear may resonate with the vibrational state of the unwelcome visitor, and the visitor would then be able to interfere with the sitter. The relative states of consciousness of two entities determine whether interactions between them are possible.

The words in the circle leader's prayer for protection may themselves be a vehicle for raising the sitters' states of consciousness. That is, a particular choice of words might engender love in the hearts of the sitters. Alternatively, the prayer might be interpreted by a higher-vibrational being as a request to conjoin with the vibrational states of the sitters. Conjoining requires that two different states become similar so that they may resonate. So conjoining and resonating with a higher state of consciousness would raise the sitters' vibrational states to a higher state of love. Whether self-induced or caused by resonance with the loving being, the sitters' states of consciousness may rise above the range accessible to the lower-level entity.

A Zeta offered advice in the following interview fragment on how to respond with love to the presence of another spirit.

***Zeta:** If you ever are able to leave your physical body at will, you will need to know who you are, so that if you come upon other entities, you may stand in your energy. ... There is no confrontation when you stand within yourself. If another entity that was a higher vibration than you would come to you, then you would sense love from him. You would not be trying to defend yourself from a loving entity, but you would be allowing your frequency, your emotions to increase as you become one with the entity.*

If you were to see an angel, and you felt the love from the angel, you

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would understand that you were increasing in frequency and emotional capacity. The angel, or the entity that is appearing as the angel, would be sensing a lower form coming towards it. But the angel would not reject you because it understood that it has greater capacity to give you the experience, and to even possibly change you.

But the opposite applies when the entity comes to you. A human would struggle to allow a low frequency entity to come to it, to be you. But if you knew who you were, you may link to the entity. ... It sees you in some respects as a higher vibration entity and tries to join to you as you join to another loving entity.

Interviewer: What does it mean, to know who you are?

Zeta: *It means to understand who you are outside of your physical entity, and not to be lead astray by the local consciousness.*

Interviewer: In order to know who I am, I have to understand that I am a loving entity?

Zeta: *Yes, my friend, and act accordingly.*

The Zeta suggested that “standing in your energy” and “knowing who you are” is an effective strategy for having amicable relations with entities operating at lower levels of consciousness. This means knowing without question that you are an indestructible energetic being living in a temporary physical body. Such knowing may be similar to the role played by intention in the creative process. If I stand in the energy of love and “intend” that I am an energetic being distinct from other beings, that creative act would ensure that my integrity is not violated.

So there are at least two ways to minimize the possibility of unwanted interference in a séance. The circle leader’s request for protection may bring about the resonation of the sitters’ states of consciousness with a loving “angelic” being willing to help. Alternatively, the sitters might raise their states of consciousness

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themselves by generating loving feelings while “knowing who they are.”

Note that adoption of a confrontational defensive posture was not considered. Certainly, any intention to aggressively prevent interactions with unwanted entities would be counterproductive. Such actions would merely create the energies that attract low vibration entities. It is remarkable that consciousness space has the properties that allow us to achieve the desired goal with love rather than by force.

33.2.1 Dealing with astral entities

The Zetas informed us of an unpleasant class of entities that exist in the astral realm, the construct where the collective mind of the human race is forming. These entities, called “*collectors*” in our discussions, can encourage long-term changes in lifestyle and personality in people. From the astral realm, they have access to human etheric energy under certain conditions. We are advised that these beings are not to be feared, and are simply behaving as expected given their low state of consciousness. A low-vibration reptilian race that shares the human astral realm vibration can have a similar effect on human behaviour. The particular reptilian race is discussed in the chapter, “*The reptilian influence*.”

Humans often travel to the astral realm in dreams, during out-of-body experiences and other non-ordinary states of awareness. Indeed, the astral realm was brought into existence so that humans could practice being in a state of separation from their physical bodies. But this includes learning how to deal with energetic beings who are interested only in their own survival. Their activities are usually detrimental to human psychological well-being. Much was learned about the collectors in several sittings with the Zetas, and relevant fragments of the interviews are presented here.

Zeta: *You have many entities that exist within the astral realm process, the collective mind of the human race, who present themselves as beings which they are not. You may find that your*

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adversaries are not who they say they are. They may present themselves as something greater than they are in hope that you fear that you have no control. True reptilian entities do not control as many humans have believed. More humans are controlled by the collector race.

Interviewer: Who are the collector race?

Zeta: *They are a parasitic race, feed off fear and energy of humans and other races, but you need not fear these entities' process.*

Interviewer: Do they have a form?

Zeta: Yes, an energetic form.

Interviewer: Can this energetic form be any form that the human mind wants it to be?

Zeta: *These energetic forms, they extend themselves into the dream state of the human, and present themselves as reptilian entities, as shadow people, as spirits, as mythical creatures, as demonic entities, as angels, seeking to gain control over the human's mind.*

Interviewer: If we project love in our dream state, if we are able to be conscious...

Zeta: *They would not come to you, no. Let me explain how this works so you do not be in fear. They do not stand by you waiting for you to be in fear. They do not wait for you to go to sleep in hope that they may somehow interact with you. They watch your behaviours. If your behaviours allow them to influence you over many of your months, slowly, slowly, they will come. And so, we have noticed with your humans that take your drinking and your drug process, your sexual process, those behavioural processes allow the entities to move into and attach control. They provide stimulation to the humans, and as a response they receive energy, and they have no way to create energy on their own. They have no real technology to support them, so they are harmless unless you have behaviours which support them.*

Zeta: *They are, interesting. They are existing in an isolated*

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environment which will disappear.

Interviewer: So they only exist there?

Zeta: *Yes.*

Interviewer: So it is foreseen that they will lose the fight, so to speak.

Zeta: *Yes, they will lose the fight, but they don't understand that. They do not have the capacity to have the energy to understand and be self-aware.*

Interviewer: If we wanted to be able to repel a lower level entity, we would have to learn to raise our vibration, raise our level of consciousness?

Zeta: *Yes, or to be in tune with a guide entity that was already at that level, or a loved one that you knew could somehow raise your vibration. Or to, as you say, be with love.*

Interviewer: So we can call on any loving entity that we can think of, and that would be sufficient?

Zeta: *Let me think of a way of explaining it. Do you love your wife?*

Interviewer: Yes, I do.

Zeta: *When you have emotional content for the love, then within your chest parameter you feel a certain emotion. You feel that you love your wife and so there are two different situations. One is where you are asked, do you love your wife, the other one is where you actually feel the emotion of love, that strong emotion. That strong emotion gives you the capacity to be in a different vibrational state, because the emotional body is resonating in conjunction with the etheric body, and that vibration that you are emanating has it's core basis in the emotion of love.*

But you do not need to be in love to defend yourself. It is a matter of acting upon your thought process, understanding who you are.

The Zeta explained that the collectors cannot generate their own

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energy, so they strive to resonate with human energy that is in a low vibrational state like their own. They help humans create low vibration energy by inciting negative emotions like fear and anger, and by encouraging excessive, ego-driven pleasures.

However, humans have the ability to foil the collectors' attempts to take low-vibration energy. We can simply choose to not generate it. According to the Zetas, the collectors will eventually transmute to other forms of energy and cease to be. They will be revealed as a kind of soul-less thought form, perhaps analogous to an intelligent robot in the physical world.

But until that revelation, individual humans can adopt vibrational states to insulate themselves from resonation with low-vibration energetic forms. A state of love combined with “knowing who you are” will prevent the collector entities from interacting with the humans' vibrational states. That is, we should know that we are more than our physical bodies and we should recognize our own energy, knowing that it is an aspect of a loving higher self. Then we can safely stand in our energy and avoid all confrontations with any energetic entity.

33.3 The possibility of deception

Many people find it difficult to accept that séance room phenomena are more than mere magician's tricks. While a magician freely acknowledges the use of subterfuge to amaze an audience with seemingly impossible physical effects, a reputable physical medium produces equally impressive effects without subterfuge. However, unlike the magician, a medium works with a multitude of spirit beings behind the scenes. For example, it is not unusual for spirit beings to cause an object to appear in mid-air in the presence of a medium. A dishonest medium with no contact with spirits may, of course, use the magician's sleight-of-hand to produce similar effects.

Another possible source of deception in a séance might be a low-vibration spirit control who wishes to exaggerate what it can do. It might say or imply through the medium that it is causing amazing

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things to happen in a séance when, in actuality, less impressive actions by the spirit are producing the effects in a different way. Is such deceit possible by inhabitants of energetic realms? Does the nature of the energetic environment ordinarily inhibit or prevent dishonesty? This is a complex subject that requires further exploration.

33.3.1 Consensus reality

The Zeta cosmology holds that all we experience is represented in the energy of consciousness. In the energetic realms, a thing is represented as an interference pattern analogous to a physical hologram. The thing originally came into being as a thought that was created with intention.

The holographic-like pattern may be transformed by the perceptual process of a conscious being so that the being experiences the thought of the creator. Because the experience is a transformation of the pattern in the grid, the creation may justifiably be called an illusion. Since intentional acts of creation brought all things into being, including our bodies and the three dimensions of space, our perceived reality is an illusion.

Different beings, especially those with differing vibrational states, would have different illusions as the basis for reality. In the following interview fragment, a Zeta discusses the idea that consensus reality is a relative concept.

Zeta: *There is perception that the local consciousness has created to believe that you are all within a room. You agree you have a consensus reality.*

Interview: How do we decide on a consensus?

Zeta: *Let me explain. I do not agree with your concept of reality, so I do not see the room. I agree with your observation, I agree with your discussion, I agree with your frequency, I agree to communicate, but nothing else. I do not hold your illusion.*

Interview: You are aware of it, though.

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Zeta: I am not aware of where you are. I am aware of your voices speaking to me. I am aware that behind that voice is consciousness only. But if I change my frequency, if I choose to change my frequency, I can move into your consensus reality, and experience your physical room.

The Zeta explained that they and the interviewer could experience a consensus reality if they were to match vibrational states. They could then perceive the physical room. In their higher vibrational state, the only shared experiences were those related to the task of communication using the medium's communication channel. The point was made that the vibrational state strongly influences what is perceived to exist.

This is reminiscent of the psychological concept of state-dependent memory. That is, memory retrieval is known to be best when an individual is in the same state of consciousness as they were when the memory was formed. Perhaps state-dependent learning also depends on the accompanying vibrational state.

33.3.2 Representations of truth and falsehood

Any thought by a human becomes part of the human collective consciousness developing in the astral realm. The thought rarely exists in isolation but is usually part of a longer thought process that provides context. We understand now that the context also includes the vibrational state of the being who originated the thought.

In general, would it be possible for contradictions to exist in consciousness? Could a person think that a fact and its contradiction are both true? A well-known example is the logician's paradox, "This statement is false." If "this statement is false" is true, then the statement is false, but then if "this statement is false" is false, then the statement is true, and so on. The paradox cannot be resolved satisfactorily and so the best one can do in such cases is make the observation that the truth or falsity of a fact is undetermined. The paradox shows that an isolated fact and its contradiction cannot coexist at the same vibrational level in memory.

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If a fact and its contradiction are both present in memory, it must be because they are distinguishable by their context. For example, a happy, loving person might think “good” thoughts when a stranger knocks on the door, while the same person in a fearful state might think “bad” thoughts when experiencing the same event. In this example, the thought stimulated by the context of “an approaching stranger” was dependent on the person’s existing state of consciousness.

33.3.3 Communicating a falsehood

The logician’s paradox suggests that the contradictory information involved in knowingly telling a falsehood must be distinguished in memory by context. The thought and its contradiction are present simultaneously in a person’s memory at the instant the lie is told, so the context that distinguishes them cannot be the associated level of consciousness. Therefore, a specific context would need to be created by the liar. For example, tagging a falsehood as false in memory would allow it to coexist with the truthful version when both are at the same vibrational level. Without such a tag, the truthful and false versions could not exist simultaneously in memory.

Would it be possible for a spirit being in the energetic realms to lie, assuming it were in a low affective state that permits lying? There can be only one representation of a fact in consciousness space at a given level of vibration. A negation of that fact could also be represented, but only if it had a context that explicitly identified it as such. Let us say that Spirit A places both a true fact and its contradiction in the grid using the creation process. Spirit A now wishes to lie to Spirit B and telepathically communicates the pointer in memory to the contradictory fact. When Spirit B decodes the message as an act of perception, the included side information will identify the fact as contradicting the true fact. This suggests that a spirit being can indeed lie telepathically, but the recipient would immediately see that it is a lie.

A Zeta confirmed the transparency of a lie communicated

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telepathically when they said, *“Telepathic communication inherently has within it the potential to hold a certain frequency. If you are able to perform the function of a thought, a transfer, to try to infer an untruth in that range of thought processes would also betray the communication, as if inbuilt into the telepathic process is a means whereby a entity is much more exposed to being read or being exposed. Their thoughts are exposed, the quality of their thoughts are exposed, the makeup of the thoughts are exposed, they are not words, they are potentials. The potentials hold within the fabric, the makeup of the fabric.”*

However, an untruth could be communicated without detection when a spirit communicates non-telepathically with physical sitters in a séance setting. The communication channel includes a physical medium who is usually in a deep trance state and unaware of the proceedings. A lie communicated to the sitters by the spirit would not be as transparent in this scenario. As before, the falsehood represented in the spirit’s memory must include side information (i.e., context) that distinguishes it from the true information. Now, however, the intended recipient of the message would not be the one who decodes it. Rather, the spirit would decode its own falsehood and transform it into the physical symbols spoken by the medium’s vocal apparatus. Of course, the spirit would not include the side information, and the sitters would be unaware that a falsehood had been spoken.

33.4 Conclusion

The nature of consciousness space constrains the interactions that are possible among beings. It appears that these constraints are desirable since they prevent beings at low states of consciousness from interfering with the existence of more loving beings. The laws are the basis for a strategy recommended by the Zetas for minimizing unwanted interference by low-vibrational spirits and astral entities.

A discussion of the representations of facts and their contradictions in memory suggests that a falsehood communicated telepathically

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between energetic beings is easily detected as such. However, communication of a falsehood from an energetic being to physical sitters via a medium's speech apparatus is not as easily identified as a falsehood.

Given the ever present possibility of deception, the Zeta advised, *"You must secure your own truth in regards to all things. Any entity that comes to you and states that you must believe what is said, then you are in error. Challenge all things and then use your intuitive abilities to find your truth."* This advice is appropriate for evaluating the performances of both mediums and spirits in a séance. The spirit control's performance is often accepted uncritically, contrary to what the above analysis would recommend. The spirit's state of consciousness is often not known, and its communication with sitters could be deceptive.

34. The reptilian influence

Summary. *A race of entities from another realm known as reptilians has affected humans for millennia. The reptilians co-opted a global mechanism of consciousness that was originally intended to facilitate human spiritual evolution. They use the mechanism in secret to stimulate the emotion of fear in the human population. The fear produces low-vibration energy which the reptilians use for their own benefit. Humans are not susceptible to the reptilian influence when they enter higher states of vibration and can love unconditionally. However, loving can be difficult since the emotions of love and fear are incompatible.*

Spiritual beliefs often include the concept of invisible entities that manipulate people's behaviours. The entities are thought to influence human emotions so that people behave badly towards one another. Common images of this kind are the reptilian being and its derivative serpentine forms. There is a long [list](#) of such beings in mythological and religious literature, and more recently in popular entertainment such as television, comics, and video games.

The reptilian entity is a key element of a belief system promoted by [David Icke](#) (1999). He draws huge audiences who come to hear how a particular spiritual metaphysics accounts for undesirable aspects of our society. Ward (2014) succinctly summarized Icke's philosophy as follows.

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[David Icke] argues that the universe is made up of “vibrational” energy. The world as we perceive it is just a holographic projection of this. Time is an illusion; there is no past and no future, only an infinite now. Humans are infinite awareness; we are consciousness (“All that there is, has been and ever can be”), but we are victims of a conspiracy. An inter-dimensional race of beings called the Archons have hijacked our world and have stopped us from realizing our true potential. Instead, they keep us trapped in “five sense reality”, feeding off the negative energy created by fear and hate. ... A genetically modified human/Archon elite of shape-shifting reptilians manipulate global events to keep us in this state of fear. Only by waking up to the truth and filling our hearts with love can we defeat this Archontic influence.

Ward’s summary reveals that some concepts promulgated by Icke are similar to those in the cosmology described by the Zetas. He mentions the vibration of consciousness, that the world of matter is a holographic projection, and that time is an illusion inferred from our experiences of sequence. He mentions a race of reptilian beings that occasionally show themselves in our physical vibration.

Information about the low-vibration reptilians was also given by the Zetas. The Zetas confirm that such beings exist and have influenced human spiritual development. Icke suggests that the appearance of some humans can change to that of a reptilian being. According to a Zeta, this could occur if a reptilian were to create a projection in the human observer's visual system.

Icke’s view is attractive to people because it offers an explanation for how current political events have an external cause. He believes that non-terrestrial reptilians control humans in positions of power in order to harvest the maximum amount of negative energy from mainstream humanity. This low-vibration energy of consciousness is generated when humans experience emotions such as fear and sadness. Icke maintains that the reptilian influence can be undone

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with the power of love. This counterintuitive strategy is also recommended by the Zetas.

According to the Zetas, there are many reptilian races covering a range of vibrational states. A particular low-vibration reptilian race has successfully slowed the spiritual advancement of the human race since the distant past. They did this by using a non-physical mechanism in the Earth environment which was originally intended to facilitate human spiritual evolution.

34.1 The communications infrastructure

We learned from the Zetas that an all-pervasive, multidimensional grid is a property of consciousness. Holographic-like representations of matter known as “*quanta*” are represented in the grid. The grid also supports a process which facilitates telepathic communication among beings such as spirits and extraterrestrial beings. Humans are immersed in this configuration of consciousness that supports connections among entities.

The Zeta said of the network for connection, *“This is a natural fabric, a natural creative process that is required for all beings to interact with humans. This is built into the quanta, yes. This allows the spirit beings to interact with humans, all other races to interact with humans, to have beings from an astral level to interact with humans. So, there is a inbuilt function into the consciousness of humanity, a inbuilt function into the consciousness of this planet that allows all beings to interact on any levels within the planet that would be inhabitants of the planet. This inbuilt process then allows all entities within this planet to interact with each other. This is the beginning of the collective consciousness of the race.”*

They added, *“The simple fact that there is an inbuilt global mechanism for connection means that we ourselves could affect the whole race, if that was our intention. Of course, we honour your freewill.”* The Zetas would never use the *inbuilt global mechanism for connection* to interfere with the freewill of the human race.

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However, a non-terrestrial reptilian race did interfere in this way when the human race was young. According to the Zeta, *“Others would seek to interfere with this [human] race’s ability. They would seek to affect humans for their own purposes, to feed upon them.”* They do this *“by feeding into the consciousness of the human entity information which would control and provide fear processes.”* The reptilians implemented a mechanism in the grid that induces fear in susceptible humans wherever they happen to be on the Earth. The reptilians appear to need the low-vibration energy generated by humans in a state of fear.

34.2 Interactions with humans

A Zeta said of this reptilian race, *“They do not exist within our space, ... they come and go. ...They are a rudimentary species, at best.”* These comments indicate that the beings are non-terrestrial, exist in another realm, and that they have a low vibration.

When asked if the reptilians were non-physical, interdimensional beings, the Zeta replied, *“They are physical entities that are projecting into their own astral realm. Those projections in the astral realm are then abiding by your astral realm, connecting to the human astral realm. Thus they are able to influence, yes.”* The reptilians exist in an astral realm that is vibrationally compatible with the human astral realm. There they interact directly with humans in the lower astral vibrations where human emotions such as fear are expressed.

The reptilian form may occasionally be seen by an awake human. The Zeta explained, *“Some will see these beings via consciousness. ... They seem to be able to see the full form of an entity standing in a room, but it is an image of consciousness. ... It is a projection.”* The reptilian is perceived when its image is placed in the mind of the percipient. The image activates the potentials in consciousness which are the visual sensations, and so the projected reptilian body is perceived. If the projection also controls other sensations such as hearing and smell, the experience of the reptilian could feel as real to

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the human as the usual experience of a physical being. However, such projections happen rarely. The Zeta said, *“Generally, the reptilians do not show themselves out of fear of disclosure, out of fear of a recognition that they are manipulating another. They work in secret. The less attention that they draw to themselves, the more they can influence another.”*

It is easiest for the reptilian influence to connect with a human consciousness when the human is in a weakened psychological state. According to the Zeta, reptilians *“affect via different processes. If they can get a human to perform a function of behavioural ... a non-normal process ... A human may be in depression, a human may be abusing themselves via taking substances. Initially the human has become dysfunctional, but then there is opportunity for those entities to attach themselves to that human by consciousness. There is no technology required.”* The resulting connection facilitates the vibration of fear in the human.

A Zeta was asked if reptilians are able to incarnate as hybrid humans like other races. Could a spirit and a reptilian consciousness share a human body using the birth process? The Zeta replied, *“They do not have the same functioning integration process to the human race. They do not come through incarnation, they come through integration. One may be influenced by them. They influence others to think according to their process.”* So the reptilians cannot use the incarnation process to create a hybrid consciousness. Instead, they influence human consciousness after birth in order to encourage fearful thought processes in the human.

David Icke and his followers contend that the reptilians are primarily interested in controlling humans in positions of power and influence, such as leaders of governments. This notion was dismissed by the Zeta *“because of the simple fact that there is an inbuilt global mechanism for connection which means that we ourselves could affect the whole race, if that was our intention.”* The global mechanism influences all humans on Earth, although the Zeta indicated that *“many humans are only affected in a minor potential.”*

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The Zeta explained that the reptilians' influence "*will affect humans as individuals, and those humans will affect others to create a line of energy potentials that feed back to that being.*" Humans at the top of the power hierarchy would be no more susceptible to the reptilian influence than anyone else. But because of their position, they might be more likely to stimulate fears that propagate down a chain of command. When susceptible individuals feel fear for one reason or another, they in turn propagate the fear to others. The low-vibration energy from multiple sources is fed back to the reptilians via the consciousness of the human who initiated the process.

34.3 Avoiding the reptilian influence

We may recall feeling emotions that, in retrospect, were out of proportion to the events that triggered them. For example, another person's behaviour that is usually just a small irritant suddenly elicits full-blown anger. The outburst might be explained as a reaction to unrelated personal circumstances. On the other hand, perhaps it was a response to the *inbuilt global mechanism for connection* co-opted long ago by the reptilian race. The *global mechanism for connection* embeds us in a field that continuously biases us to respond to any situation with low-vibration emotions. The reptilian influence stimulates our fears and insecurities which are often part of the human condition to some degree.

A Zeta offered some general advice on how to avoid being influenced by low-vibration entities. They said, "*If you ever are able to leave your physical body at will, you will need to know who you are, so that if you come upon other entities, you may stand in your energy. ... There is no confrontation when you stand within yourself.*" The Zeta explained that to know who you are is "*to understand who you are outside of your physical entity, and not to be lead astray by the local consciousness.*" We should know without question that we are indestructible, loving, energetic beings living in temporary physical bodies. To stand in your energy means knowing your own energy well enough to distinguish it from outside influences.

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When a Zeta was asked how one could escape the reptilian influence in particular, they responded, *“To raise vibration, to always show love means that there is no potential to be influenced.”* When we are in a state of love, we cannot be affected by lower-vibration influences. The analogy of a low-pass filter can help to understand why. Every being’s vibrational energy appears as if it passes through such a filter. The reptilian’s filter has a cut-off frequency that is lower than that of a human. So to avoid the reptilian influence, we should raise our vibration above the reptilian’s highest possible vibration. When we feel the love associated with our higher vibration, *“there is no potential to be influenced”* by the reptilian stimulus.

The Zeta said of the reptilians, *“They work in secret. The less attention that they draw to themselves, the more they can influence another.”* When the reptilian scheme is no longer secret, perhaps it could be thwarted with the appropriate intention. For example, a meditator may actively ignore the reptilian influence mediated by the global mechanism. Success might be felt as an unusual lightness of being, suggesting a connection with a higher-vibration consciousness normally blocked by the reptilian mechanism.

34.4 Discussion

The reptilians have a long history of influencing the human race. How long is not known, but they had opportunity since humans were placed on this planet. A *global mechanism for connection* encouraged the new humans to begin the formation of a collective consciousness. It was meant to facilitate the spiritual evolution of the human race. The mechanism was co-opted by the reptilians to potentiate fear in susceptible humans. The humans would then generate more of the low-vibration energy desired by the reptilians.

Humans have a well-known survival instinct, otherwise known as a fear of death. A healthy fear of death would seem to promote the survival of a species, and so it is usually assumed to be encoded by the evolutionary process in an organism’s DNA. A human inordinately affected by this fear might even attack other humans to

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avoid personal harm. The other humans might retaliate when prompted by their own fear of death, and a war may result. The fear may be maintained and amplified in humans by positive feedback from the continued aggression. The fear of non-existence might contribute to much low-vibration human anxiety (e.g., Blass, 2014). It could be one source of fear encouraged by the reptilian influence.

The Zetas explained how to avoid the negative reptilian influence. Humans can simply raise their vibrational state to as high a level as possible so they are not affected by the low-vibration energy. Raising one's vibrational state is equivalent to becoming more loving toward all beings. This can be difficult while under the reptilian influence since the emotion of love is incompatible with fear.

The reptilian methodology is subtle and it requires that they remain hidden. The Zeta said, *"They work in secret. The less attention that they draw to themselves, the more they can influence another."* Ignoring people like David Icke unwittingly hides the reptilians' true nature so they can continue to operate in secret. As we learned from the Zetas, the reptilians use a global mechanism in consciousness to stimulate low-vibration human emotions. These emotions are indirectly responsible for the negative inter-relationships within humanity. While we are unaware of this process, we will not develop strategies to counteract it. Drawing attention to the methodology employed may prompt humans to escape the reptilians' hold over humanity.

35. Life forms of consciousness

All is made of the stuff of consciousness, including what we call inanimate matter and all sentient entities. A Zeta speaking through the medium, Paul Hamden, said *“All life, all forms of existence have consciousness. All are a form of energy which exists and transmutes to each new state after its transition. All energies, when moving to form will choose what form they take, whether it be animal or mineral, there is full consciousness of the form they have taken, and the ramifications of that existence.”* Entities exist in particular states of consciousness or vibrational states. These manifest on a range of affective states, so low-vibration beings have little love and may exist in fear or hatred, while high-vibration beings have unconditional love and compassion toward all beings.

The soul is a particular form of consciousness that has self-awareness. In the Zeta's words, *“The nature of the soul in its own understanding, its own container, understands that by its own nature it belongs to a class of energies. This class of energies remains as a whole form, one entity, broken into many forms, many existences, so, saying this, a being is able to incarnate into many states of being in many realms.”* The soul is consciousness organized hierarchically, such that *“Many soul facets can combine to form one entity. This*

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means many entities, individual group souls, can combine to form a faceted being, living one existence.”

The Zetas have confirmed the existence of a number of different types of beings. There are races that incarnate into a physical existence like humans do via a transitional or spirit realm process. Also, the Zetas have discussed their own existence as a collective consciousness, and they have introduced us to the nature of other very different kinds of beings as well. For lack of a better word, they are known as interdimensional beings. In general, many of these beings or races are in separation from each other because they exist in different contexts often characterized by distinct states of consciousness.

Additional insight came from an Anunnaki being who also spoke through the medium, *“You have one extreme where the Zeta races are based on the non-emotional collective process. They hold their technology up as something to be admired - nothing wrong with that, but we are more of an emotional race. This is why you bear a resemblance of your emotional make up. But we are not looking to turn our race into a collective consciousness process, and that is the other races. Of course, there are the dimensional beings with no physical form. We would speak to them as we speak to you. You would speak to the representative of the existence. We understand that there are many races, too many to count. You deceive yourself to think you are the only race.”* This comment gives a taste of the following discussions concerning the various kinds of beings that have come to our attention.

35.1 Transitional realms

A transitional realm is a construct of consciousness associated with a physical planet. Its primary function is to be a safe place for spirits to go between lifetimes in a physical form on the planet. Much of what we know about transitional realms is from information about our spirit realm that the Zetas and Anunnaki have provided.

A Zeta advised, *“These realms that you describe are one of illusion,*

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let this be stated at the outset. There are no defined boundaries between all of those states, as if some doorway existed between realms or dimensions. These energetic realms are actually divided only by the actual waveform's ability to move into and out of the energetic area. Does this then limit what waveform can move where? Yes. These barriers are needed for many reasons. As each waveform or energetic being think within their confines, so they are." A realm has a boundary only for beings who's waveforms cannot move through the boundary waveform. That boundary may not exist for other beings in different vibrational states, and so the Zeta described it as an illusion. The illusion is necessary since it provides a context for a being's thoughts and gives the being a sense of identity.

There was not always a spirit realm associated with our planet. The Anunnaki explained, *"Prior to the spark of consciousness of the developing entities on this planet when no consciousness existed, there was no need for a spirit realm, as all energy is and always is. Energy was transmuted to consciousness in a form of a cellular construction, a life form on this planet. There was then seen to be a need for a housing of consciousness of the physical being when they had transitioned to the spiritual realm."*

The spirit realm was created according to the intentions of a creator being from the Anunnaki race. The Anunnaki said through the medium, *"The spirit realms were created to contain the consciousness of a human entity. It was seen that when humans were first created that they required a transitional holding ground. After they had transitioned to this energetic container, they could then choose to move back to a physical form if they wished. ... It [the container] also developed as you developed. It now stands as a separate entity to us. It now exists as a free-form flowing energetic environment for you to experience yourselves in multiple forms."*

The Anunnaki said in another conversation, *"Many energies form the etheric boundaries that spirit beings exist in. These realms are populated by the physical beings who transition to those realms. As the consciousness of the collective human soul has increased*

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exponentially, so have the etheric realms used to house the energetic bodies of the transitioned physical being.” The spirit realm is formed of consciousness and raises its highest vibrational state in order to accommodate human soul facets that are rapidly increasing in vibrational state.

The Zeta said, *“In the spirit realms, all are seeking to move past their current vibrational state, we seek to help them to do this. Once separated from the physical existence, each is then able to determine what step is to be taken next in their development path.”* The choice of a particular reincarnation by a spirit comes from the desire to improve the current vibrational state. The choice is not limited by the spirit realm container, since it *“has within it potential for infinite levels of conscious existence.”*

The Anunnaki being quoted earlier said that the human race is not unique. The Zeta concurred when they said, *“Do not believe that you are the only race existing within the universe. There are many races that are supporting many civilizations.”*

A conversation with the Zeta indicated that races much like the human race exist, incarnating to a physical existence on a planet and moving to their own transitional realm between physical lifetimes. Although different systems of transitional realms may have the same vibrational states, they remain distinct because the associated planets have unique locations in the universe. The different locations provide context so that the different spirit realms are distinguishable in the multidimensional consciousness space.

The Zeta also said, *“As the spirit realms container is much aligned in the energetic realms, many other spirit realms, many interacting with each other, many entities come from other races to populate the spirit entity that is associated with the planet. This is called a soul process and answers how a population can continually increase on a planet realm.”* The alignment of the many spirit realms are in terms of vibrational state, which means that these races share the human state of consciousness. They are so much alike in that regard that spirits may move to spirit realms of other races where they are

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needed. All would be working towards raising their vibrational state since that is what the transitional realm process is designed to do. The shared vibrational state also means that humanity may encounter some of these races physically when we or they become space-faring civilizations.

35.1.1 Transitional realm entities

The facets of a soul process exist as a hierarchically organized information structure. A transitional realm is a sub-hierarchy at a particular level of this structure. At the bottom level are higher-self entities, and these combine to form oversoul entities which constitute group minds. Oversoul entities at any level of the hierarchy combine to form higher-level oversouls at the next level. This grouping continues indefinitely until the transitional or spirit realm itself subsumes all that it contains.

The various entities in the realm are distinguished primarily by their vibrational states. A given vibrational state is shared by a group of entities, and these entities then also share a consensus reality. The information structure associated with that vibrational state or consensus reality is transformed by a being's perceptual process into sense data or qualia for the being to experience. Qualia such as colour, taste, smell, and visual forms are potentials of consciousness and require no more explanation than consciousness itself.

The higher-self entities at the bottom of the hierarchy subdivide into spirit beings which incarnate into physical existences. The Zeta said, *"The energetic beings you call 'spirit' are actually an entity formed from energy that has an ability to hold information like a capsule. This vibratory form resonates at a level of its existence."* A spirit's purpose is to experience and to learn. It animates a physical being in human form, as well as the many non-physical life forms we humans do not yet recognize.

Humans are generally not aware of the non-physical realities, because according to a Zeta, *"The physical frequency negates you from understanding who you really are, and so generally humans do*

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not remember where they have come from. Their local consciousness is in operation continually.” In general, beings in lower vibrational states cannot perceive, and are not aware of, any information that exists in higher vibrational states. This is a fundamental property of existence in consciousness, yet beings in transitional realms still choose to incarnate into the lower vibrational states of physical existence. This experience appears to provide unique opportunities for beings to raise their state of consciousness.

35.1.2 Earthbound spirits

Earthbound spirits are a part of the transitional realm system. They are spirit beings that remain in the physical vibrational state after the failure of the physical body. They linger in the etheric realm where the templates for all physical objects are found, and so the experience may be consistent with their recent physical existence. They do not complete the transition to the spirit realm perhaps because they think they are still physically alive, or because of a desire to stay with loved ones still living in physical bodies. Occasionally, they may attempt to communicate with physical beings, who in turn may have anomalous sensory experiences.

The higher self is involved when a spirit becomes earthbound. This was discussed by a Zeta in the context of an accidental demise of the physical body. *“Would it be a malfunction of the physical body or an accident as you call it, higher self is never affected, only the physical body and the entities left behind. You see, my friend, higher self is in much control of its own timeline, its own existence, and so when these accidents occur, higher self is never caught unaware of what is to take place. I would say to you that some higher selves even take with them portions of their local consciousness, and remain attached to the physical entity and still experience much of what is available to you in the physical. Some have called them earthbound entities.”* So the earthbound spirit is a facet of a higher self that is unwilling or unable to let go of the local consciousness with its strong attachment to the recent physical existence. The Zeta sees it as just another form of experience for the higher self.

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More details about the earthbound existence were revealed in this segment of an interview with a Zeta.

Interviewer: Is an earthbound entity always a spirit combined with its higher self, or can it be without its higher self?

Zeta: *It is its higher self in separation from its oversoul process, but quite often the oversoul process is still connected in many ways to the separated entity. There is no separation.*

Interviewer: Some earthbound spirits are not very loving. Does this reflect the state of the higher self?

Zeta: *That is a reflection of an inability to, one, understand the new existence, secondly, to not have released much of the experiential processes that have existed in the physical structure of the body. They are much related to the existence of the human concerns.*

Interviewer: How does the human physical frequency compare to the spirit realm frequencies?

Zeta: *The physical body is driven by the emotional processes, biological and chemical. These catalysts within the physical form drive the decision making process within this environment. This does not exist outside of the physical container.*

The Zeta explained that an earthbound spirit is a facet of a higher self that is somewhat separated from the higher-level oversoul process. The higher self chooses to have experiences in the etheric realm where it retains human ways of responding to what it encounters. Emotional responses to particular circumstances were learned by the physical being, and these responses might be expected to come to the fore in the etheric realm under similar circumstances. The earthbound entity may attempt to communicate with a living human under certain conditions, and this can be an unnerving experience for a person who is inadequately prepared.

35.1.3 The Anunnaki race

A being from the Anunnaki race has also spoken through the

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medium, Paul Hamden. The medium recognized that it was from a different race because of the novel energies he had to learn to assimilate. The Anunnaki being spoke at length about the influence of their race on human biology and culture, but here we are concerned mainly with the Anunnaki race itself. They are included in this section because they make use of a transitional realm like humans do. The following are partial transcripts of conversations that briefly describe characteristics of the Anunnaki and their planet.

Anunnaki: *I am from a race called the Anunnaki. We are beings who seed planets with life. When the Anunnaki first came, many of the human beings that existed on your planet were not in any social order, but based in the hunter/gatherer process. Many of the humans that existed were creations of other races. This would have been around two hundred thousand (200,000) of your years ago. We placed a similar looking entity, a hominoid being, onto the planet, and we then gave them the ability to create and build and work within a structured hierarchical system. Some would say that we created the first civilization on this planet.*

I am a king. There are 12 kings to the Anunnaki race. As we placed civilization onto this planet, we instigated the process of civilization. We gave you the 12 months of your year, your 12 signs of the zodiac, your measuring instruments, all that is based in 12 has come from us. Why 12? Do you know why? There is an originating process for 12, and it is simple as we have 12 fingers, you see, 6 on each hand.

There are 12 kings of rule or authority over 12 regions of the planet, our planet, not your planet. Each of the kings has a, what you would call, totem or symbol which relates to their region. The totem of my region is as in a bird, like one of your eagles. Each of the regions has a leading council for each of the kings, and each of the kings has a seer who guides them in the journey. We do not literally resemble now your human race. We would literally resemble the Egyptian process, and the look and standard of that process as well. We are based, our technology is based more on the universal aspects of energy.

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I have a wife. She is my queen, and we will have children one day. I have many, I would say, subjects as you call them. I have a council which deals with the day-to-day issues of all of the people that live within the community. I do not live in a castle, but there is the great hall which is 300 of your meters long, 100 of your meters wide, and 50 of your meters high. Some of the Anunnaki soldiers stand either side of my throne as you would say, and they are there to protect me. We are a race that are between 8 and 10 of your feet high, and this is why we are depicted as very large entities as compared to a human being.

We are much like the look of your face, we are much like humans in the way that we look, except you have 10 fingers, of course. We breathe oxygen as you do. We have said we are able to metabolize different atmospheres, but we are able to breathe oxygen as well. We have something similar to your lungs but we have three of them. This gives us great strength as we are able to provide our muscular structure with much of needed oxygen. You would find that most beings of a physical nature would have a device for moving their life force around their physical entity which is their body. The stomach is not similar - we have said we eat when there is a celebration process. You are able to draw life force from your environment. Some have called this the pranic energy process.

We do not resile from the fact that we were initially a warring nation, but much of that now is symbolic. We are a warrior race, and the pyramids and the cultures that surrounded those processes were guided by us. Killing each other does not necessarily work as we have found out. It is better to live in harmony than it is in violence. For us, much of the warrior caste is now but a symbolic gesture, and so when the processes of disputation occur between our races, we are using a symbolic process of choosing a warrior to face each other and no blood is spilled, obviously. It is more about bringing people together in a harmonious environment and discussion, but the symbology of the confrontation exists because we are a warrior race.

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Yes, I have emotions, I can be forced to anger, and I can be compassionate. I would defend my wife, I would defend my kingdom, but you must come and attack me, then I am in defence. I am compassionate, but I will defend my right to exist. We will not be challenged by any race. As with your race, if one of your own sees fear in your eyes they may attack you. When we deal with other races, we stand strong, and this is why we state we have no fear of other races.

The Anunnaki expanded on his understanding of consciousness and races.

Before anything existed, what was there? There was nothing, of course. But in nothing existed consciousness, as consciousness has always existed. Of course, I know that this has been stated by the other race [i.e., the Zeta race], but consciousness in its desire to understand itself, and you would say God, created all things for races, not just human beings. You are not so special you know, I'm sorry to tell you that. There are many races, countless races, all believing, all understanding, some knowing of other races, some believing they are special and by themselves, being worked with by many other races to increase their consciousness. Some races are well behind you, others are in front. We ourselves are continuing to develop.

As you now can genetically create life but could not many years ago, you would be seen by many races as being highly advanced. But consciousness is experiencing itself through every race, every facet, every individual, every piece of matter, every conscious thought that is created. You are just in states of separation from self, as you are, as I am, we are all one. But we see each other differently because we come in different forms.

An Anunnaki has a life expectancy of 36000 Earth years and, because of the long life, offspring are produced only as required for survival of the species. The population number is unknown since they do not take a census. There is a transitional realm much like the human spirit realm, and a welcomed death is followed by a

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reincarnation process. An Anunnaki collective consciousness or race memory also exists where *“the knowledge gained in the lengthy process of the life span is kept.”*

They have craft, but these are considered too slow for dealing with other races. They are technically advanced in many other areas as well. For example, they have *“the staff of movement”*, a teleportation device which is about seven feet tall with an orb of light. One would *“bang it on the ground, and be instantly moved to a new place.”* There are mechanical devices *“to move physical objects by changing their initial physicality, such as dematerialization, for manipulation of a physical device by changing its frequency through sound.”* This is assisted by the consciousness of *“spirit folk and other entities.”*

They also have a technology which created the human spirit realm container. The Anunnaki said, *“When the human race was first created by races and ourselves, it was seen that the human form, once it had consciousness, was able to evolve. On transition, consciousness that had evolved sought out other consciousness, and so a container called your spirit realm was created where all consciousness from this planet could transition to. This is how spirit realm entities, consciousness, understood how to move back through into the human form as a process of experience, and you have called this reincarnation.”*

The Anunnaki have a limited telepathic ability which they use to contact other races such as the Zetas and some members of the human race. The range of this Anunnaki ability can be extended by a Zeta being who acts as an amplifier. The Anunnaki traveled in craft at one time, but do not do that anymore. Instead, they physically move to other planets, seeded with their progeny, using their teleportation devices. They come to view what they have created. Telepathic communication and teleportation between Earth and the home planet is possible for about three years every 3600 Earth years because of the changing distance as their planet moves in its orbit.

The Anunnaki home planet is bigger than Earth but has no effect on any planet in the solar system. It exists at a different level of

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physicality or vibrational state. The Anunnaki found this difficult to explain *“because of the fact that in your mind you perceive a physicality. I venture to say that between all matter is space.”* He added, *“We are not a physical planet that you understand. Everybody expected to see a new planetary body come through the system.”*

A Zeta explained further, *“The Anunnaki planet is partially dematerialized, a physicality, so the molecular structure of the planet is not as closely bound together as your physical planet. It has matter, it's construct is of matter, but there is matter that you cannot touch around. I'm trying to think of an analogy - your water comes in many states, but it is still the same element, is it not? And so the physical planet for the Anunnaki is a substance between a physical element such as water and the gaseous substance such as steam. And so there are many in-between states between the physical and the non-physical. When they are existing on their own planet, they are of the same nature as the planet. When they move from their existence to a new planet, they take on some of the physical manifestation of the planet they are visiting.”*

The Anunnaki can adjust their state to appear solid to people on Earth. The Zeta said they could do something similar by populating their consciousness with fine matter to make themselves appear solid. However, if they were touched by a human hand, it would go through them as if they were a hologram.

The Anunnaki said of their larger role in the universe...

We are scattered amongst the universes, we are many, we do not live only on one planet.

We travel the galaxies placing life onto many of the physical planets.

We are mortal, we understand, we breathe, we exist.

We are the Anunnaki and we are your guardians.

We come as guardians to seek out our children, to nurture and to bring guidance in some forms.

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We hold other races at bay from your planet.

35.2 Interdimensional beings

There are beings in consciousness space that do not have a physical existence. The Zetas refer to them as interdimensional beings to distinguish them from extraterrestrial beings. A Zeta explains, *“Extraterrestrials are human words for the human tongue, denote all other races that are not humanoid from this planet but are physical. So, if you say extraterrestrial, then you understand that the race holds a physical form and exists in the frequency of matter. Now, interdimensional entities such as the Blue Beings and others exist within frequency in a state of non-matter but of consciousness. Their interdimensional aspect is that they exist within the frequency process between matter.”* To the Zetas, a frequency refers to a vibrational state, and so the vibrational state of an interdimensional entity differs from that of a being that has a physical existence.

The Zeta agreed that there is a range of vibrational states dedicated to any particular race. Using the frequency analogy, a hypothetical example was proposed to the Zeta. “Suppose the human process is centered at 8 Hz with a range from 7-9 Hz, and the Zeta process is centered on 16 Hz with a range from 14 to 18. Would the frequencies between these ranges, 10 to 13, be available for interdimensional beings to use?” The Zeta replied, *“Hypothetically, yes.”* They added an analogy, *“We understand your radio frequency process, so between each of your radio frequencies is difference, the difference is interdimensional.”*

The Zeta was asked if interdimensional beings exist at both low and high vibrational states. They responded that they do, but that they are *“generally of a higher nature.”* Further, the vibrational state of an interdimensional being seems to depend on its context. According to the Zeta, *“It is determined generally by where the interdimensional entity exists, much as if you are cold because you are in a cold climate.”* The Zeta agreed that one interdimensional being was distinguishable from another by the variations in their waveforms.

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They compared it to a brainwave pattern.

Interdimensional beings appear to have existences that we might understand, as suggested by the following information provided by a Zeta. *“Do not think for one moment that these energy races do not have forms of technologies, just because they are in a non-physical state. They perceive themselves to be quite solid to each other. In some sense when they are interacting with us in our waveform bodies, we are physical to them as well. Just as in the spiritual realm, they perceive themselves to be of a solid nature. This is also how the dimensional energies who are waveforms see themselves. A point to understand is that in a dimensional place there are also non-dimensional existences. As explained earlier, there are existences within existences.”*

The question was asked if an interdimensional being could exist within the physical frequencies such as the astral realm. The Zeta replied, *“They may do what they wish according to the structures that they abide by. How they would enter into a lower frequency form is to shield themselves within a cocoon process of consciousness, to present themselves as being of the same level of consciousness and frequency as the surrounding entity.”* The ability to enter lower-vibration environments while protecting themselves inside a cocoon of consciousness is reminiscent of a deep sea diver in a diving suit. The device is an example of the interdimensional technology mentioned by the Zeta. Without such a device, the being would itself move to a lower-vibrational state.

We were told many times by a Zeta being that one of that race will never enter the spirit realm (see chapter, *“Realms and vibrations”*). For example, they said, *“If an extraterrestrial was to move consciousness in full form entity as physical body into the spirit realm, it would change the frequency and negate the ability of the humans to traverse between the realms, and so spirit realm would become unusable.”* Humanity’s freewill is very important to them, and they would interfere with it by allowing their physical nature to disrupt the spirit realm.

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However, such adverse effects are not produced when an interdimensional consciousness participates in spirit realm processes. The Zeta said, *“The interdimensional consciousness has not existed in a physical form, it brings with it no potential to be understood as a physical form.”* So it does not disrupt spirit realm processes like a Zeta being would, because *“they do not contain the frequencies that relate to being of matter.”*

The Zeta explained further, *“Interdimensional consciousness enters into the spirit realm process at a oversoul level. The oversoul consciousness perceives the interdimensional entity, which is a non-physical entity, as being akin to a telepathic communication. There is no tainting of the information that is produced when a being takes a physical form.”* They added, *“Only a non-physical consciousness, non-physical incarnated races may become threads to oversouls within spirit realm.”* So an interdimensional consciousness may enter the spirit realm by directly joining with an oversoul entity using a telepathic process. The Zeta believes that the presence of interdimensional consciousness is the reason why *“much of the higher frequencies exist within the spirit realms. They exist behind the spirit realm, feeding into, and from.”*

Could the interdimensional being, joined with an oversoul, participate in the consciousness of an incarnated human? The formation of a Zeta/human hybrid consciousness requires agreement from the human parent, but *“interdimensional entities would be in agreement on levels that are related to the frequencies of the oversoul process in the spirit realm. This means that of course those consciousness are able to, with agreement, move to some semblance of a human form.”* So some humans may be influenced by the higher vibrational state of an interdimensional consciousness, unless the entity’s purpose is merely to observe. This is suggested by the Zeta’s comment, *“The separation of consciousness through the oversoul process is given to incarnation to the form in the physical body to provide comparison only.”*

Like all conscious beings, interdimensional beings also have a

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creative ability. The Zeta confirmed that these beings use the now familiar creation process motivated by intention. In fact, the interdimensional being *“has no other avenue but to create”*, suggesting that creation is an essential part of its existence. Of course, other beings like humans and Zetas can experience those creations *“only if the entity, the matter that it is, is in a position to see or understand what has been created.”* That is, beings like us are oblivious to the activities of interdimensional beings until we achieve a high enough vibrational state. According to a Zeta, *“The interdimensional beings do not create underneath their existing frequencies,”* so we should not expect to see their activities while we are in our lower vibrational states.

35.2.1 The Blue Beings

The interdimensional Blue Being race is of special interest to the Zetas. They are the creators of the Zeta race as discussed in the section, *“The Zeta collective consciousness.”* They are normally without physical form, but may present themselves in the physical realm as narrow-faced blue beings. As indicated above, they would do this by cocooning themselves in a protective shield of consciousness.

The following are the words of a Blue Being speaking through and to the medium, Paul Hamden. Near the end of the address, they say they move *“information around to each individual in the collective as required.”* This suggests that the progenitor of the Zeta collective consciousness is also a collective consciousness entity.

Blue Being: *Your abilities are your own as are your feelings and experiences, but sharing those as you go along is an important process. Compare this thought - we are bodiless, we gain information regarding structures, feelings, cellular contacts, by a being like yourself. In return we share our existence with you, our structures and beliefs. In this, we grow together as one. But for you to get to this point where we could share has taken a few years. As you have seen, each time we came close to you, the cellular prospect*

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of engaging with us caused you to reject the process. So we entered into an agreement with other energies to allow a resonation which would bring you to a place of joining with us, hopefully without a problem in the processes. As now, when we come we wait in the background hoping for contact, as any slight variation to your thought process will cause a blockage. We then wait for the process to begin. The meditations and sleep have been very helpful in allowing us to have contact with you. This feels like a fine process.

We are a civilization who are in the dimensional realms – ones that are the opposite to this physical universe. We have come to this group as it is a way for us to communicate with peoples from the planet, and in this great work we are able to share light and love between races.

Integration with extraterrestrial races will advance your civilization to a great degree. Imagine this - some races have been altered structurally for the purpose of creating an advanced civilization. Do you as a race of human forms not desire a change, one that will elevate you all to a new platform of experience, see the magnificence of what a universal being can be? All strive for this process, there are none who have moved to this goal yet. All are moving vibrationally to levels of quantifiable experience of self.

Things which register in your Earthly field require a certain amount of information to be passed to you via physical processes. We are able to progress as a race as we move our information around to each individual in the collective as required. Not all information is required to be stored in the being of the entity we are. For instance, we can expel large amounts of information but retain the experience of the information. Thus we have less molecular structure to our beings. This also allows for clearing of energies from our state of existence.

35.2.2 The Trillians

Not much is known about the interdimensional beings known as Trillians. They may manifest as black, formless shapes in the

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vibrational state of the physical or etheric realms. The medium, Paul Hamden, has seen only two Trillians. They are very uncommon as they need access to a gateway or portal to enter the Earth plane, and these are rarely available.

Trillians appear to be neutral entities that are amplifiers of affective states such as fear or love. For example, if a person is in a state of fear, a Trillian could make that person feel much more fearful. Conversely, if a person feels love towards anyone, the Trillian could enhance that feeling of love. The medium describes it as behaving like a magnifying lens. It would attach itself to the person's energetic body to sense the existing affective state and encourage more of the same emotion.

According to the medium, the way to rid oneself of a Trillian is "to state openly that you do not fear it, that you are quite capable of dealing with your own issues, and that you would like protection from the universe and support from your guides to remove this process." The presence of a Trillian may be difficult to determine since the negative state could be mistaken in the longer term for the actions of a collector entity (see "*Interactions with low-vibration entities*"). But the amplified state of fear brought by a Trillian might be countered by the same method recommended by the Zetas for ridding oneself of a collector entity. On the other hand, an amplified state of love might be enjoyed by the affected person, and not be seen as an issue to be addressed.

35.3 The astral beings

The astral realm is a construct in which all human mental activity is recorded. It is currently in a process of change that should eventually transform it into a self-aware human collective consciousness. In the meantime, it is also home to low-vibration thought forms known as collectors. These are discussed in the chapter, "*Interactions with low-vibration entities*." According to a Zeta, collectors are "*a parasitic race, feed off fear and energy of humans and other races*." They promote longterm, negative egocentric behaviour in humans

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that generates the low-vibration energy they need.

The collectors are the ultimate shape-shifters. The Zeta said they *“present themselves as beings which they are not. ... They extend themselves into the dream state of the human, and present themselves as reptilian entities, as shadow people, as spirits, as mythical creatures, as demonic entities, as angels, seeking to gain control over the human’s mind.”* They encourage behaviours in susceptible humans that create low-vibration energy. They then receive the energy for their own use, since they have no way to create energy on their own.

According to the medium, Paul Hamden, the astral realm holds no souls. It is a consciousness based on human existence. The entities it holds behave intelligently because the human mind acts in that way. The astral realm is the same as the highest and lowest human intelligence, a hologram of humanity. The entities existing in the consciousness of the human collective are given power due to the mass of belief that is placed on them. They work by weakening a person, by interfering with their frequency. It is a battle of wills.

The Zeta said, *“They are harmless unless you have behaviours which support them.”* They will eventually be recognized as a robotic thought form dependent on the current chaotic state of the astral realm. They will be unable to coexist with a higher-vibration collective consciousness, and they will then transmute into another form of consciousness.

35.4 The Zeta collective consciousness

The Zeta race was created by the interdimensional Blue Beings race, but became a collective consciousness by their own efforts. A Zeta described the initial role of the Blue Beings, *“A facet of one race existing on many other forms of existence not related to timelines, produce a race to exist on one timeline function. And so, interdimensional races are creating matter, creating consciousness to exist in matter on one timeline for the purpose of experience. Information from the race to move back to the interdimensional race*

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called the Blue Beings, the creators of the race.” The Blue Beings and the Zetas are now sources of information for each other, analogous to humans and their spirit guides. So from the beginning, the Blue Beings’ purpose for creating the physical Zeta race was to acquire new information.

When asked why the Blue Beings decided to create the race on only one timeline, the Zeta replied, *“It has been determined by the creator races that this is the best possible timeline. It is the intermediate frequency, the middle frequency. The middle frequency provides the most experience, because from the middle, other frequencies are more widely spaced.”* The meaning of *“more widely spaced”* is not obvious when we know that vibrational states exist on an ordinal scale. The distance measure likely refers to the ease with which one timeline can resonate with another. The intermediate timelines are more widely spaced in that sense. They would give less opportunity than other timelines for adjacent vibrational states to resonate with each other. Living on only one timeline is discussed further in the chapter, *“Timelines.”*

The Blue Beings created the Zeta species so that they procreated sexually like humans do now, although that process has changed. A Zeta was asked if they also reincarnated at the beginning using a transitional realm as humans do now. They answered, *“There was a process, but it was not related specifically to the spirit realm. The spirit realm has the capacity to hold all of the transitional information. These types of transitional processes which are related to our race was held in the original creator’s mind - its ability to extend itself to hold the transitional performance from a physical container to a consciousness state and then back. Of course there was the desire of the creator entity for the race, the Zeta race, to move to its own ability and capacity to perform a level of interaction between the physical and the non-physical.* So the mind of the Blue Beings provided facilities similar to that of a transitional realm to move a consciousness from one physical container to another.

The Zeta race did not always exist as a collective consciousness. It

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was an initiative of the race itself. A Zeta explained, *“In the past, many thousands of generations ago before the race moved into the state of singularity, before it became the collective consciousness, there were a few entities that transitioned. I think the easiest way to explain it is to speak in your terms, yes? Some of you on this planet will take the first steps to leave your body and move into a space which is not in spirit realm. You will be the nucleolus for the singularity for the collective consciousness of the race and those entities become the elders of a race. The nucleolus is determined by the higher self entity, the frequency of the potency of the collection between the higher self and the local consciousness, the potential of the cellular structure of the container, and the will of the human or the entity.”* The Zeta explained the creation of a singularity as if beings from the human race were to undergo it as well some day.

Whether beings will initiate the singularity of a new collective consciousness depends on *“what they are prepared to undergo to become separated while they are alive.”* They explained further, *“Your transitional processes require that the body is in termination before you move to a state of energy consciousness, but to move to the singularity requires that you do so before the body terminates much like a permanent projection.”* So the move to the singularity needs to happen while the body is alive but comatose.

The Zeta added, *“The higher self takes with it what it requires and leaves and creates a consensus reality. This is required because, for a race to move beyond its boundaries, there must be made a space for others to transition into. So in the inception of the singularity for our race, 700 or so were able to make the transition to the collective mind. Those 700 held in a space of consciousness so others could attract themselves to that.”* So in the case of the Zetas, the singularity was seeded with about 700 beings who created a new identity outside the normal energetic boundary so that others of the race could join.

The transitions of the 700 would have happened relatively quickly because *“to transition slowly you would fail. Once you are away*

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from your physical container, if you are away from your normal transitional process and you are - let me give you an example. As a spirit person you will transition to the spirit realm. But what if you were to transition and hold your consciousness away from spirit realm, what would sustain you.” So like the consciousness of a spirit person who needs a spirit realm to maintain its identity, the 700 Zeta seeds required that the singularity be established in short order so their consciousness could survive as intended.

The collective consciousness of the Zeta race took many generations to develop. A Zeta said, *“The collective mind has become the ultimate goal of the race, to exist purely in thought, and to not be moving from container to container. We seek to be like our brothers in consciousness. But we are also a part of the physical, we are able to travel within the physical, but as well travel energetically, so there are multiple ways to be in existence. ... Interdimensional entities of non-physical state that exist in higher frequencies and much closer to source consciousness, of course we aim to emulate that state of existence.”*

At present, the Zeta collective consciousness has trillions of members. A Zeta was asked if one member spoke for all. They replied, *“If the collective will is for one to speak, then yes, that can be the determination. But one never speaks for a race, but normally for a section of a race. We will use your human words to describe. Each section of the race interacting with this planet are based into groups. These groups are utilized into working groups to form various functions in regards to working with individuals and groups, so I speak for the group. There are other bodies, which are seeking to coordinate the groups.”* The collective consciousness appears to be an information resource for the race that can be accessed when required. Each Zeta being is not always connected to the collective, since not all information is relevant to everyone.

The collective consciousness is also a place of synergism for the race as indicated by a Zeta’s comment, *“When you are in complete harmony with other beings, you are in a symbiotic level of*

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consciousness with the entities, and there is no words to state and no emotional capacity to understand the silence, the peace. We come from a place of quiet, the collective consciousness of the race is quiet, and there is stillness.”

The Zeta race does not require a transitional realm. As a Zeta explained, *“We do not have the same process as the spirit realm because the collective consciousness of the race and the physical existence of being part of the race, are one.”* However, the Zeta agreed that the human race and the Zeta race come from the same source, although they and the spirit realm process have different vibrational states. In general, this is the primary distinguishing feature among a possible infinite number of races, both physical and non-physical.

35.5 The Abductor race

Not all of the Zeta species chose to belong to the collective consciousness. The Zeta explained, *“There are many facets to the race. The only facet of the race that is excluded from the collective mind are the abductor race. They are entities that have decided that they will journey on their own path, that they will take upon themselves a new construct, that they do not wish to be part of the collective.”* This facet chose the way of *“service to self.”* The Zeta said, *“They were given freewill to leave, and so generationally, others have left and continue to procreate using the human method.”* The split happened many generations ago.

Since the abductor race still procreates sexually, a Zeta was asked if they use a transitional realm to reincarnate, or do they now use technology to create a new physical body and transfer the consciousness from the old body to the new body. The Zeta replied, *“They do not use a spirit realm. They use a... Let me give you a simple example. When you are having a memory, you realize you are having a memory only when you come back from the memory. You don’t realize you are having a memory while you are remembering it. It’s only afterwards that you say, “Ah, I remember that.” While you*

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are in the memory, there is no understanding that you are in the memory. What I am talking about in regards to the abductors, as we have called them, are able to extensualize their existence to then move themselves back to a physical form via another entity.” So a being of the abductor race can move its consciousness from the physical container, represent itself like a memory without noticing that it has done so, then move itself back to a new physical container.

The Zetas chose to refer to this “service to self” facet as the abductor race, because it is known to abduct humans here on Earth. They explained, *“They are seeking to change the genetic structure that they hold. They believe that they are diminished in some form, and not all entities like to serve others. They feel that they have the right to create decisions based on what is good for them and not for others.”* So they have taken genetic material from humans for the purpose of experimentation. The Zeta informed us, *“The abductor race as we call them has a facial structure which is different to ours.”* So the race should become visually recognizable to us as we gain more experience with the species.

The Zeta said concerning the activities of the abductor race, *“That is a difficult situation for us, and in all of our sitting processes and discussion we have faced that question, that we do have a portion of the race that are disassociated from us because they refuse to abide by the non-interference policy. Just as you cannot stop a human from performing a function, because all entities have freewill, all we can do is exclude them from the collective mind of the race, and then continually seek to undo the damage that has been done. And so, if a human or any being from any race is taken for any purpose, we would then seek to determine how to undo what has been done.”*

35.6 The Reptilian races

The Reptilian race is generally thought to be rather unpleasant. According to the Zetas, the Reptilians decimated the Zeta home planet long ago so that it will never recover. The Zetas made a

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collective decision then to retaliate and they repelled the Reptilians. Since then there has been no more war, but the peace has been tenuous.

The Reptilians are now in the Earth environment. A Zeta was asked if there are now non-human races near Earth that have selfish interests and wish to exploit the human race. They replied, *“One race that we will say who they are is what's classed as the, by your Earth tongue, as the Draconian and Reptilian type processes.”* Further, they warned, *“It would be wise for your people who are working with that race to be aware in the back of their minds, they may not be working for the ultimate good of your race.”*

A Zeta made a revealing comment when they said, *“They do not exist within our space, they do not exist within the cavity process of your moon, they come and go. ... They are not part of the many races that use the moon process as a stopping mechanism.”* If the Reptilians do not exist within our space, then where are they? They must reside in some other realm of consciousness space, and have a technology that enables them to move to our space.

A Zeta was asked if Reptilians were able to incarnate as hybrid humans like other races do. They replied, *“They do not have the same functioning integration process to the human race. They do not come through incarnation, they come through integration. One may be influenced by them. They influence others to think according to their process. To incarnate means you must have permission. They cannot enter into spirit realm process, so how would Reptilians get permission? They cannot. They must influence after birth process.”* They do this *“by feeding into the consciousness of the human entity information which would control and provide fear processes.”* The human's higher self does not interfere because it sees it as another form of experience.

The Zetas also revealed that we are influenced by Reptilians in another realm. The astral realm of a Reptilian race happens to share the vibrational state of the human astral realm. Low-vibration reptilian beings are then able to bias human behaviour to be more

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ego-oriented, such as becoming addicted in various ways.

We were advised by a Zeta, *“True reptilian entities do not control as many humans as believed. More humans are controlled by the collector race.”* The behaviour of a Reptilian is easily simulated by an astral collector process (see above section, *“The astral beings”*). The Reptilians *“are able to interfere with any entity which allows them to, but they are generally not affecting that many humans.”* So it is likely that interference with a human is more likely to be by a collector than a Reptilian. The Zeta added, *“You must also understand that you are affected by what you allow. If you are based in ego or fear then the entities perceive chance to come. This is why the mediumship process is much dangerous because once you open yourself to the process, if you allow your mind, your ego to take over the emotional journey, you can be influenced by many entities.”*

We should not paint all Reptilians with the same brush of negativity. This is being done to the Zeta species when people do not distinguish between the race of the collective consciousness and the abductor race. Several reports of personal encounters suggest that some Reptilians are capable of directing love toward a human.

Appendix A - Reality of the Zeta race

The extraterrestrial Zeta race has communicated extensively with us via the consciousness of the medium, Paul Hamden. They prefer to connect to individual humans telepathically while their physical bodies remain on their home planet. A Zeta said, *“So if I am sitting currently on my planet place, and in connection with this human, what is the fastest form, thought flight.”* When the medium enters an appropriate altered state of consciousness, they speak using the medium’s physical vocal apparatus. Many people who sat with the medium have conversed with the Zetas in this manner. The conversations with the Zeta beings were recorded and documented in books and articles (www.treurniet.ca/zetacom/zetaprimer.htm).

A skeptic might say that the contact with extraterrestrials was a delusion created by the medium’s mind. However, some of the medium’s personal experiences with the Zetas were corroborated by other people who were present. The Zetas confirmed their independence of the medium’s local consciousness in other ways as well. Even when the medium was not present, people experienced unusual physical phenomena that were taken to be evidence of Zeta activity. Some of these phenomena occurred half a world away from the medium’s location. The phenomena discussed in this appendix can be attributed to the Zetas, and so they support the claim that the

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information received from the Zetas reflects an extraterrestrial view of reality.

A1. Zeta contact with the medium

The medium's exposure to anomalous events began when he was a child about five years of age. He began to separate from his body, walk around the house, then re-enter the body. For many years he experienced phenomena usually attributed to discarnate beings such as spirits. When he began to allow the extraterrestrials to come near him and to speak through him, he often perspired and felt ill. He eventually began to receive the training from the Zetas that allowed him to move to a state where they could speak and work through him. After a considerable time, they learned how to move his hands and fingers, how to breathe, and even if need be, to have a sip of water.

On one memorable occasion, he was asked telepathically by two "shimmery" beings if they had his permission to change an energy boundary in his body. They explained that they wished to make a change to the left temporal lobe of the brain so he would not be as affected by the new energies they brought. With some trepidation, he gave permission and felt pressure on each side of his head. The immediate result was an erratic, pounding heartbeat and a nervous feeling. A hard cough instantly returned the heartbeat to normal, and there was a noticeable increase in the sensation of available energy. Notably, the change made to his temporal lobe was detected years later by an Australian aborigine shaman, although she knew nothing of it beforehand.

The medium has had a number of physical experiences with the Zetas, some of which were shared with other individuals. At the age of 20, he and a friend were visited by a cigar-shaped craft that appeared outside the third-floor window of the building where he lived. The side of the craft opened to show two Zeta beings inside. While he and his friend discussed what they were seeing, two other friends in a car on the street below drove under the craft. They ran to

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the door of the house, shouting about the craft sighting. There was no further communication with the beings at that time.

Many years later, the Zetas came regularly to speak at séances hosted by the medium. On one occasion the sitters in the séance invited them to come in a craft. The Zetas accepted by taking the medium's mind well above the planet. From this vantage point, he showed them where a craft could land safely, and they practiced their approach. They landed one night after a group of 20 expectant people had gathered.

As the craft arrived, a heavy mist rolled in and dogs in the neighbourhood began to howl. The medium and one other person saw red and green lights on the partially dematerialized craft. There seemed to be an inducement to keep the eyes closed, and so the lights were not seen by the rest of the group. The occupants of the craft were heard walking on the gravel surface where the group sat. Then they stopped and stood behind each person. The air felt electrified. They then returned to the craft, the mist rolled back as the craft departed, and the dogs stopped howling. The next day, a



Figure A1.1. Craft landing site.

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circular imprint about 12 meters in diameter was visible in the grass where the craft had landed (Figure A1.1).

Presently, as the medium moves toward connection, the Zetas prepare a particular state of consciousness. When everything is ready, the medium is inside a “sphere of connection” that allows the Zetas to speak. They provide distinct energies which people in the room are often able to detect. There are sensations that may include stinging, temperature changes, and muscle tensions.

The energies can affect people in other unusual ways. For example, when a Zeta speaks, people in the room often experience tears streaming from the eyes, although it is not accompanied by the usual emotion. This confirms the experience of other contactees that resonation with the Zeta energy can have unexpected effects on human physiological processes.

A2. Other physical evidence

The medium co-authored several books about the interviews with the Zetas beginning in 2012. Hereafter, his co-author is identified as “the researcher.” Events occurred in the researcher’s presence that were measurable and so can be reported as being relatively objective. Several of these events are described in this section. They are evidence that the Zetas exist as entities separate from the medium. Direct quotes from the Zetas are in italics.

A2.1 Telepathic contact

The first interview with a Zeta occurred with the researcher located in Canada and the medium in Australia. Communication was via typing on an internet chat application which logged the time when each string of text was sent. The night before the interview, the researcher was awakened from sleep by a whole-body buzzing sensation that lasted a few seconds. In the interview the following evening, the Zeta was asked the purpose of the buzzing sensation felt the previous night. The following exchange was recorded by the chat application.

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[6:47:47 PM] Zeta: *Your preparation, the preparation for connection*

[6:48:02 PM] Zeta: *was established prior to this conversation*

[6:48:13 PM] Zeta: *by other beings.*

[6:48:12 PM] Researcher: Did you come to me this morning when I felt the buzzing sensation?

[6:48:27 PM] Zeta: *We have answered.*

The times when the text strings were transmitted show that the answer to the question came before the question was asked. The question was sent at 6:48:12, and the answer was received in three bursts from 6:47:47 to 6:48:14. The start of the answer was received 25 seconds before the question was sent. The Zeta must have been telepathically aware of the question while it was being composed.

In the early morning after the interview, the metal stopper from the kitchen sink was discovered on the floor about two meters from the sink. This may have been due to a phenomenon like poltergeist activity also reported by other ET contact experiencers.

A2.2 Clicks in audio recordings

Occasionally, clicks were heard in the audio recordings of sessions with the Zetas. Although Zeta beings are telepathic, they also communicate with each other using relatively high-frequency audio clicks much like those emitted by dolphins. When such clicks were heard on the recordings, they were carefully examined.

A recording from one session contained particularly noticeable clicks. The pitch of the clicks was lowered by decreasing the sampling rate by a factor of four. A melody emerged approximating a well-known tonal sequence from the 1977 Steven Spielberg movie, "Close Encounters of the Third Kind." When asked if this sound was significant, the Zeta replied, "*We thought that you might find it amusing.*"

In another session, the researcher in Canada spoke with the medium in Australia using the Facebook Messenger application on an Apple

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iPad. The acoustic signal from the iPad was recorded on the researcher's Apple iPhone. The Zeta said via the medium, "*We will try to affect your recording device ... it has been done.*" The ellipsis in that sentence represents a duration of eight seconds. During that time, two obvious clicks 160 msec apart were placed in the recording. However, the clicks were not heard acoustically in the room, so the Zeta must have affected the iPhone or the recording medium directly.

The device that recorded the melody from the movie was in the same room as the medium, while the device that recorded the clicks was located on another continent far from the medium. These recordings are additional evidence that the Zetas behave independently of the consciousness of the medium.

A2.3 The dome construct

The researcher and the medium both attended a series of séances held in 2013 at the Wallacia Development Centre near Sydney, Australia. After arriving at one event, another attendee suggested to the researcher that an anomalous sensation could be felt on the way to the venue. He retraced his steps and felt a definite, brief sensation on the skin as he walked along. The air was still and the sensation was like walking into a ridge of higher density air. The medium explained that the felt resistance was due to an invisible energy dome placed over the séance room by Zetas who were monitoring the event. The dome protected them from natural and artificially generated electromagnetic noise.

A similar phenomenon occurred at a comparable event held in 2014 at the same venue. This time the researcher and a companion happened to feel the placement of the alleged dome before it had been properly calibrated, according to the medium. Both individuals suddenly felt unusually dizzy and slightly nauseous until they moved away from the location. The researcher discovered that the energy of the alleged dome could be detected by his body as he paced back and forth across it. A Zeta later confirmed, "*You were being*

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influenced by the shield that was being created ... the closer you came to it, the more your etheric body reacted to the shield, and the further you moved away from this device, the less you felt.”

The researcher used his body as a detector to measure the extent of the felt resistance. The thickness was judged to be about 1-2 meters, with the resistance varying according to the symmetric shape of a bell curve. The alleged dome was curved along its length and extended at least 50 meters along one side of the event venue. Extrapolation of the curve suggested the dome was about 100 meters in diameter. The other side was not studied since it was physically hard to access. According to the medium, the dome protected the dematerialized Zeta bodies from the electromagnetic noise in our environment, facilitating freedom of movement between their craft and the séance venue.

These measurements are consistent with the presence of a protective dome covering the venue and the surrounding area. Its existence was evidence of Zeta activity that was independent of the medium.

A2.4 Telecommunications interference

The researcher at home in Canada was informed one evening by a visitor that he had been unable all day to call either of the two mobile phones in the house. This was confirmed when the two phones were unable to connect with each other. However, at a half kilometre from the house, they were able to connect once more. On returning to the house, the connection failed again. There appeared to be a region around the house in which mobile phone reception was prevented that day.

On the following day while the researcher was in his house, a particularly tight knot developed in the diaphragm muscle of his body which persisted for about 15 minutes. In the past, a likely Zeta presence has been associated with an effect on the diaphragm and stomach muscles of the body. Later that day, the phones stopped working again in the house for a while.

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The effect on mobile phone operation alone is not proof of interference by extraterrestrial beings. However, the restricted range of the effect, the physiological effect on the researcher's body, and repetition of the interference the next day is consistent with the proximity of Zeta beings or technology. Others have reported that extraterrestrial technology interferes with electrical equipment.

A2.5 A Zeta healing

The Zetas have demonstrated their healing ability a number of times, and several healings are described in the book.

The following discusses one of those cases and the explanation of how it was done. The Zeta described the methodology in more detail than usual. The recipient of the healing was the researcher who developed precancerous skin cells on his nose known as actinic keratoses. The lesion had been treated earlier with cryotherapy but it returned months later. Healing was performed by the Zeta while the researcher and the medium were in their respective homes a world apart. Communication during the session was over an internet telephone application. The healing process occurred unexpectedly during a period of silence lasting 1 min 26 sec. The Zeta then explained what had occurred.

There has been an attempt to redefine the etheric energy around your facial area to see if any potential is applied to the abnormal cellular structure. If we have had any success, it will be within three days. If not, we will try again.

The problem with cellular changes in the physical form are that the body is self-programmed to provide these potentials within the framework of its existence. It is a natural response to provide the abnormal cellular structure. The body perceives that it is doing its job.

We have instructed the consciousness of the etheric body in the facial area to reverse the cellular changes. But of course from the physical side, there will be potentials applied to the etheric changes. You, as consciousness, are in the middle and are also responsible for

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being of a receiving nature, to tell your body that it is appropriate to heal.

In other words, the etheric energy around the affected area had been adjusted, and it would take time for the physical cells to return to the desired state. These etheric changes would be actively resisted by the existing physical energy. To help overcome this resistance, the local consciousness was to assist the healing process to reverse the abnormalities. When asked what strategy to adopt, the Zeta suggested, *“What was your cellular structure before the abnormal cellular structure? You need to be in that state where you are prior to the cellular structure.”* So in the following days, the patient

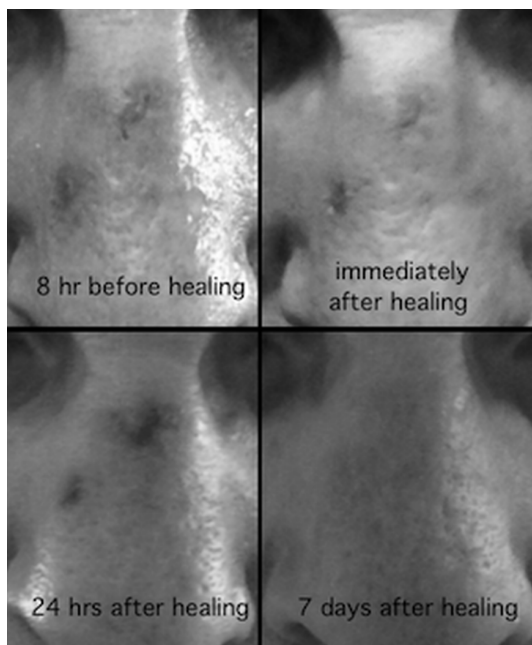


Figure A2.1. Stages of the healing process

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occasionally visualized his body at a much younger age, and imagined his current self merging with that healthier physical form.

The images of Figure A2.1 show the affected area on the nose at different times before and after the healing. Surprisingly, a change was already apparent about a half hour after the end of the communication session. The lesions appeared less pronounced than they were about eight hours earlier. Twenty-four hours later, scabs had formed over the lesions. During the following week, the scabs went through the normal process of healing and the skin returned to normal.

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